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CHASING DIDDY
HOW AN OBSCURE COMEDIAN LANDED MUSIC MOGUL {page 26}

TOMBOY
JENNIFER LAWRENCE RECALLS ROOTS {page 18}

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Tuesday, February 22, 2011
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News worth sharing.

Libya. Kicking him out

▶ A girl kicks a poster of Libyan leader Moammar Gadhafi during a protest yesterday in front of the Libyan Embassy in Cairo.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Protesters claim major victory

Libyan protesters celebrated in the streets of Benghazi yesterday, claiming control of the country's second largest city after bloody fighting and anti-government unrest spread for the first time to the main square in Tripoli, the country's capital. More coverage, pages 6-7

Building Family Day traditions

Torontonians make most of holiday despite cold weather {page 3}

260 days of marital sex

Couple institutes five-night-a-week regimen — and blogs about it {page 8}

Strange death in east end

Teen dies after apparently non-violent home invasion ◐ Investigators to await autopsy results before classifying cause

MATTHEW LOPES
TORONTO@METRONEWS.CA

A disabled 16-year-old girl has died in hospital following a weekend home invasion in Scarborough, but police are not yet ruling it a homicide.

At a press conference yesterday afternoon, Toronto police investigator Det. Sgt. Frank Skubic said that at approximately 11:30 a.m. Saturday, two suspects forced their way into a home occupied by the girl and her mother, 40. One of the men, who had a handgun, demanded an "unspecified package."

Skubic said the gunman then escorted the mother to every room in the house, opening drawers, cupboards and closets in search of the package.

The other man stayed on the main floor, where the daughter was "immobile in a reclined seated position on the living room couch" because of her disability, Skubic said.

"After a short while the man verbalized that they must have the wrong house and fled the scene," he said

Skubic said the girl, who had "a severe mental and physical disability," was discovered by her mother with no vital signs but no apparent injuries. An autopsy is scheduled for tomorrow.

"Until post-mortem is conducted, I cannot classify this as a homicide," said Skubic.

The girl's name and details of her medical condition are being withheld at the request of the family, though Skubic did say she was living with her parents full time and not attending school.

Police are asking for the public's help in identifying the two suspects, who are described as black males with thick Caribbean or Jamaican accents, between five-foot-nine and six-foot-two. Anyone with information is urged to call police at 416-808-7399.

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KYLA SERGEJEW/FOR METRO

▶ Harbourfront Centre hosted a variety of free events for Family Day, including the Family Skating Party presented by the RBC Play Hockey Contest.

Families make the most of holiday

People flock to Harbourfront Centre for family-friendly activities on a welcome day off

KYLA SERGEJEW
TORONTO@METRONEWS.CA

The blistering wind and cold temperatures didn't stop Torontonians from taking their relatives out and enjoying Family Day.

Harbourfront Centre, along with some shopping malls, theatres and museums, had a number of festivities in which to partake including a free skate, crafts and live music.

"This is the first time that we've had everybody get together — both our families — and we plan to do this every year now," said John Gallego.

He and friend Rick Lambroff agree that having four holidays a year — one for each season — geared towards spending quality time together would benefit everyone.

"In this fast-paced economy we need more time with our families," Lambroff said. "I used to think of it as just another holiday, and then I realized it's really important to spend it with my family."

Bethany Lee, a student at the University of Toronto, was spending the day skating at the Harbourfront rink with her friends.

"I live in Toronto with my mom but the rest of my family is in B.C., so I'll definitely give them a call later," she said.

But not everyone is using the holiday as Premier Dalton McGuinty had hoped. Iain Robinson took the day to attend the auto show at the Metro Toronto Convention Centre.

"I'm sure most people don't celebrate Family Day, just like we don't pay homage to Queen Victoria (on her birthday)," said Robinson.

He notes the day is more valuable for people with children, but "is just another day off for me."

June DaSilva lives in Barrie and brought her family out to enjoy festivities at Harbourfront since the holiday was initiated.

"This is our third year coming out," she said. "We skate and walk around to see all the exhibits. This year we brought the dog."

She hopes everyone takes the day to heart and spends some quality time with loved ones.

"I know we do, and we greatly appreciate the day."

1 news

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Guidy Mamann explores a new policy for missed correspondence by visa applicants. More at metronews.ca/immigration

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‘We’re going to reward you,’ Burke tells fans

Leafs GM fields audience, email and Twitter questions at the Mastercard Centre as part of Winterfest

MARK HERBERT
TORONTO@METRONEWS.CA

A strong Family Day turnout at the Mastercard Centre sat in on the Bud’s boss as he talked about the “Vatican” of hockey and the status of the Leafs.

President and general manager Brian Burke sat at centre ice among an attentive crowd, both young and old, to field questions via email and Twitter as part of the Winterfest schedule yesterday.

Burke spoke about the expectations that come with running the show in Toronto, expansion and the Heritage Classic.

“I love those outdoor games. I want to have one here,” Burke told a crowd of approximately 200 Leafs fans. “I think they’re fun.”

Burke said the team is in good position to improve after a few recent trades and said he wants to build a winner here in Toronto.

“We’re going to reward you,” Burke said to the loyal fans in attendance. “We promise you that.”

The Leafs GM also discussed the safety of the sport, the Olympics, the NHL on HBO, the team’s young players and his philosophy behind the building of a good team.

The day’s events included an open Leafs practice, alumni skating, Toronto Marlies ticket giveaways and skating demonstrations.

Fans were able to skate with Leafs heroes of days gone by and get autographs from those players as well.

“We got to get autographs from the alumni players that I remember,” said Jeanne Moon, of Oakville, who made the trip with her kids as well as a few of their friends.

“Overall it’s been pretty good,” she said.

MARK HERBERT/FOR METRO

▶ Toronto Maple Leafs GM Brian Burke takes a question from a fan yesterday at the Mastercard Centre on Family Day.

on the hou$e

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Second assault claim against Ontario doctor

Toronto police say a second alleged victim has come forward in a sexual assault case involving two Ontario doctors.

Const. Tony Vella said police are investigating a second complaint, this one involving only one of the accused, Amitabh Chauhan, of Ancaster, Ont.

Chauhan and Suganthan Kayilasanathan, of Markham, were charged last week with administering a noxious substance and gang sexual assault.

Police allege a 23-year-old woman was sexually assaulted in a hotel room Feb. 13 after a substance was put in her drink at a bar.

The 32-year-old doctors were remanded in custody Saturday and are due back in court tomorrow.

Lawyers for the two doctors say their clients will plead not guilty.

Vella said police believe there could be other alleged victims.

Police have posted appeals on social media sites urging alleged victims to come forward.

THE CANADIAN PRESS

Gnome. Convention

▶ Kimberly Patrick, records manager of Guinness World Records, holds a certificate at the AMC Yonge-Dundas yesterday where a record was set for the largest gathering of people dressed as garden gnomes.

JOHN R. KENNEDY/FOR METRO

The Gnome, the Bad and the Ugly

More than 260 people in costume took in a special screening of the made-in-Toronto animated feature Gnomeo & Juliet.

Father stands by dying son

Couple's 18-month-old daughter died almost nine years ago from similar medical condition ◗ She lived at home for six months before dying: Father

THE CANADIAN PRESS

▶ Moe Maraachli poses for a photo with his 13-month-old son Joseph, who suffers from a progressive neurological disease.

A father who has been battling to stop a London, Ont., hospital from removing his terminally ill son from a ventilator stood his ground yesterday and defied a court order requiring him to give consent.

Moe Maraachli says he and his wife, Sana Nader, are happy the breathing tube keeping their 13-month-old son Joseph alive has not yet been removed.

But their fight to get the boy a tracheotomy so they can take him home to die isn't over. "I'm very excited because my son doesn't remove his tube today," said Maraachli, who has been sleeping at the hospital since Friday. The family fears Joseph will suffer a painful death if the ventilator is removed, and prefers that a tracheotomy be performed so they can take him home to live his remaining days surrounded by people who love him. THE CANADIAN PRESS

Provincial politicians return to work today

Party rift

- **Squabble** Cracks in the Liberal Party unity are already starting to show, as an internal squabble between longtime Tory Norm Sterling and his libertarian colleague Randy Hillier gains steam.
- **Strife** Such internal strife could provide an easy target for the Liberals, but McGuinty has vowed to stay away from pre-election mudslinging in the legislature.

Soaring electricity bills, a ban on Toronto public transit strikes, a spring budget and the countdown to a fall election campaign will be top of mind for Ontario politicians as they head back to work today.

The spring legislative session promises to be a rocky one as opposition parties sharpen their attacks on the governing Liberals, hoping to chip away at Premier Dalton McGuinty's chances of winning a third term in the Oct. 6 election.

Progressive Conservative Leader Tim Hudak is already parroting Toronto's penny-pinching mayor, whose respect for taxpayers slogan won over the vote-rich city last fall.

Conservatives of all stripes have been watching Mayor Rob Ford closely, hoping his win over former Liberal cabinet minister George Smitherman will open the door in Toronto ridings that are crucial for a majority government.

When "respect for families" started creeping into Hudak's pre-election rhetoric, even he couldn't deny that the Ford juggernaut had something to do with it.

THE CANADIAN PRESS

York Region Transit strike called off, again

The York Region Transit strike has been placed on the back burner yet again after a midnight strike seemed imminent.

More than 28,000 York region commuters will have access to public transportation today after Transit Union Local 113 will conduct a re-vote on the settlement offer later this week.

Union president Bob Kinnear made employees aware of the re-vote through a phone message yesterday afternoon advising members to show up for their scheduled shifts.

Talks between Veolia Transportation and the union were at a standstill in the days leading up to the proposed re-vote.

MATTHEW LOPES

Woman runs barefoot in the snow fleeing cops

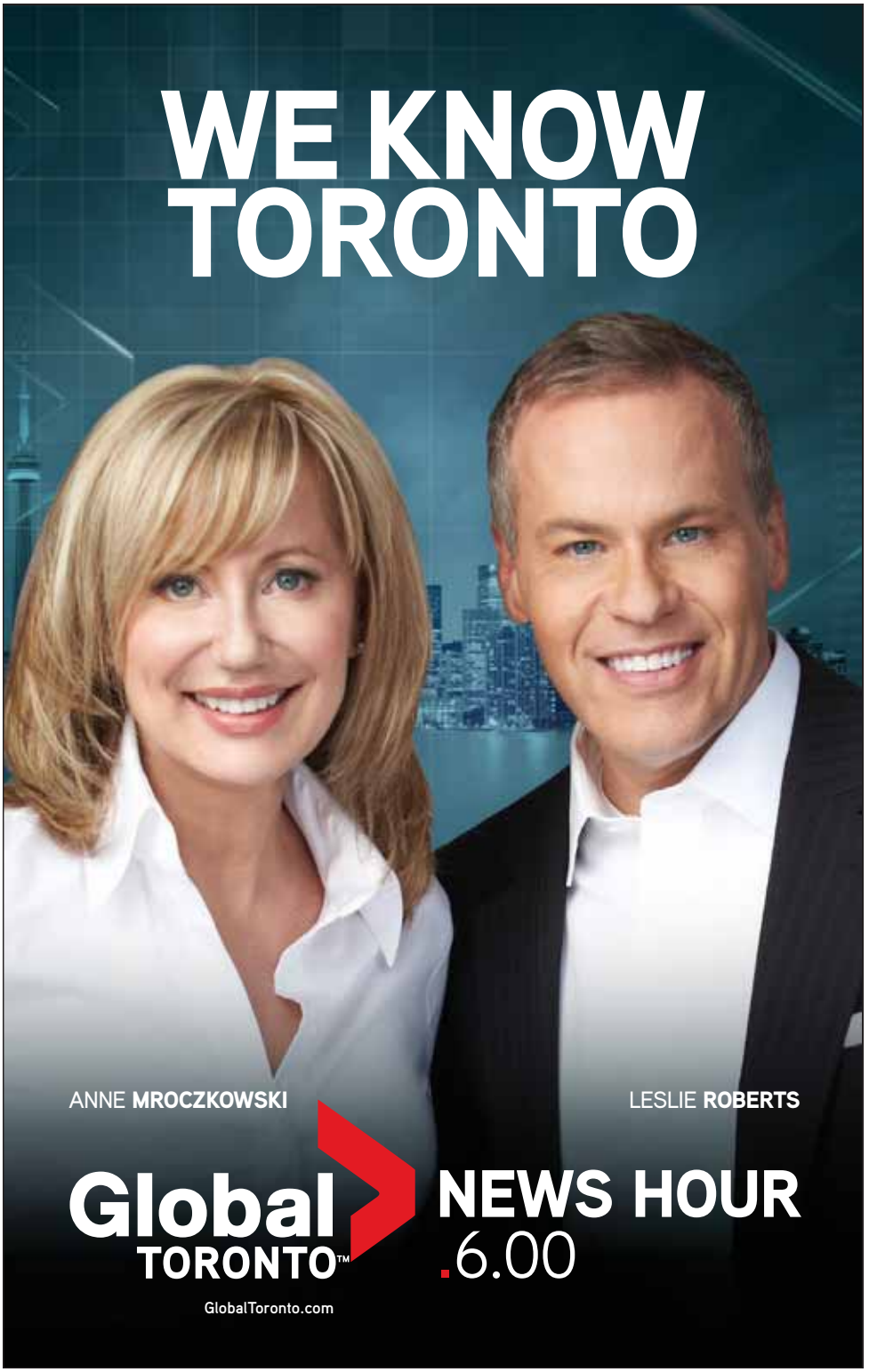
A 23-year-old woman was sent to hospital after an early morning crash shut down Dufferin Street between College and Dundas streets.

Police noticed a stolen silver Honda Civic around 4:30 a.m. A short pursuit ensued before police called off the chase due to snowy conditions.

A short while later, the woman lost control of her car and careened into a hydro pole before escaping on foot in her bare feet, Const. Tony Vella said. Police pursued the woman with the K9 unit and subsequently took the woman into custody.

The woman's injuries were considered minor, according to Toronto EMS.

TORSTAR NEWS SERVICE



to show restraint

Prime Minister Stephen Harper is calling on Libyan leader Moammar Gadhafi to end the bloody crackdown on pro-democracy protesters in the North African country.

There are reports that more than 200 people have died in the uprising in Libya, the latest country to be hit with a wave of public protests sweeping across the Arab world.

"We find the actions of the government, firing upon its own citizens, to be outrageous and unacceptable and we call on the government to cease this kind of violence immediately," Harper said in Vancouver yesterday.

He strongly condemned the violence playing out on the streets of Libya — a sentiment shared earlier by Foreign Affairs Minister Lawrence Cannon.

"Libyan authorities must show restraint and stop the use of lethal force against the protesters," Cannon said in Ottawa.

500

Foreign Affairs Minister Lawrence Cannon said there are an estimated 500 Canadians in Libya and about 350 have registered with the Canadian embassy in Tripoli.

"We call on the Libyan security forces to respect the human rights of demonstrators and uphold their commitment to freedom of speech and the right to assembly."

There are no immediate plans for a government evacuation of Canadians in Libya, Cannon said.

The Tripoli airport is open to commercial flights, he added.

The Canadian government has also advised against non-essential travel to Libya.

THE CANADIAN PRESS

▶ Residents stand yesterday on a tank holding a pre-Gadhafi era national flag inside a security forces compound in Benghazi, Libya. Libyan protesters celebrated in the streets of Benghazi, claiming control of the country's second-largest city after bloody fighting, and anti-government unrest spread to the capital with clashes in Tripoli's main square for the first time.

Detained American worked for CIA: Officials

An American jailed in Pakistan for the fatal shooting of two armed men was secretly working for the CIA and scouting a neighbourhood when he was arrested, a disclosure likely to further frustrate U.S. government efforts to free the man and strain relations between two countries partnered in a fragile alliance in the war on terror.

Raymond Allen Davis, 36, had been working as a CIA security contractor and living in a Lahore safe house, according to former and current U.S. officials, who spoke on condition of anonymity because they weren't authorized to talk publicly about the incident.

Davis, a former Special Forces soldier who left the military in 2003, shot the men in what he described as an attempted armed robbery in the eastern city of Lahore as they approached him on a motorcycle.

A third Pakistani, a bystander, died when a car rushing to help Davis struck him. Davis was carrying a Glock handgun, a pocket telescope and papers with different identifications.

Meanwhile, the Obama administration insisted anew yesterday that Davis had diplomatic immunity and must be set free.

▶ Pakistani security officials escort Raymond Allen Davis to a local court in Lahore, Pakistan.

Shortly after details of Davis' employment were reported, senior State Department officials repeated the administration's stance that he is an accredited member of the technical and administrative staff of the U.S. Embassy in Islamabad.

They said the Pakistani government was informed of his status in January 2010 and that Pakistan is violating its international obligations by continuing to hold him.

Since Pakistani authorities took the ex-Special Forces soldier into custody Jan. 27, U.S. officials said, the situation has slowly escalated into a crisis, threatening the CIA's ability to wage a dangerous war against al-Qaida and militants.

THE ASSOCIATED PRESS

Pakistan reacts

New protests in Pakistan erupted after The Guardian newspaper in London decided to publish details about Davis' relationship with the CIA.

- **A U.S. official** says Davis is being held at a jail on the outskirts of Lahore where there are serious doubts about whether the Pakistanis can truly protect him.
- **The official** says the Pakistanis have expressed similar concerns to the U.S.

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ALAGURI/THE ASSOCIATED PRESS

Gadhafi's grip on Libya loosens

'People have a strange determination after all that happened,' says Tripoli man Others describe 'bloodbath' with people shot and cars, shops burned

Deep cracks opened in Moammar Gadhafi's regime yesterday, with Libyan government officials at home and abroad resigning, air force pilots defecting and a major government building ablaze after clashes in the capital of Tripoli.

Protesters called for another night of defiance against the Arab world's longest-serving leader despite a crackdown.

Security forces appeared to be preparing a major assault in Tripoli to try to crush unrest that has swept eastern parts of the country — leaving the second-largest city of Benghazi in protesters' control — and was now overwhelming the capital of two million people.

LINO AZZOPARDI/THE ASSOCIATED PRESS

▶ Two warplanes from the Libyan air force fled a Tripoli air base for Malta. Their pilots asked for political asylum, Maltese military officials said.

State TV said the military had "stormed the hideouts of saboteurs" and urged the public to back security forces.

Protesters called for a demonstration in Tripoli's central Green Square and in front of Gadhafi's residence, but witnesses in various neighbourhoods described a scene of intimidation: helicopters hovering above the main seaside boulevard and pro-Gadhafi gunmen firing from moving cars and even shooting at the facades of homes to terrify the population.

Gadhafi appeared to have lost the support of at least one major tribe, several military units and his own diplomats including the delegation to the United Nations.

The deputy UN ambassador Ibrahim Dabbashi accused Gadhafi of committing a genocide against his own people in the current crisis.

Secretary of State Hillary Rodham Clinton called on Gadhafi to "stop this unacceptable bloodshed" and said the world was watching the events "with alarm."

THE ASSOCIATED PRESS

Deaths reported in strong N.Z. earthquake

A powerful earthquake hit the New Zealand city of Christchurch early today, collapsing buildings, burying vehicles under debris and sending rescuers scrambling to help trapped people amid reports of multiple deaths.

Police said they were trying to confirm the early reports of multiple fatalities from the 6.3-magnitude quake, the second major temblor to strike the city since last September, while Prime Minister John Key told parliament details still were too shaky to confirm deaths.

Witnesses said the quake destroyed the iconic stone Christchurch Cathedral, its spire toppled into a central city square, and there were reports of two buses crushed under falling buildings.

Christchurch Mayor Bob Parker declared a state of emergency and ordered people to evacuate the city centre. THE ASSOCIATED PRESS

Yemen's president says he won't resign

Yemen's embattled leader yesterday rejected demands that he step down, calling demonstrations against his regime unacceptable acts of provocation and offering to begin a dialogue with protesters.

However, protests seeking President Ali Abdullah Saleh's ouster did not let up.

Tens of thousands rallied in four cities, including the capital of Sanaa.

Demonstrators said they would not leave fledgling encampments in central squares until he has left office. An opposition spokesman rebuffed Saleh's offer of dialogue and an influential group of Muslim clerics called for a national unity government that would lead the country to elections.

Saleh has been in power for 32 years.

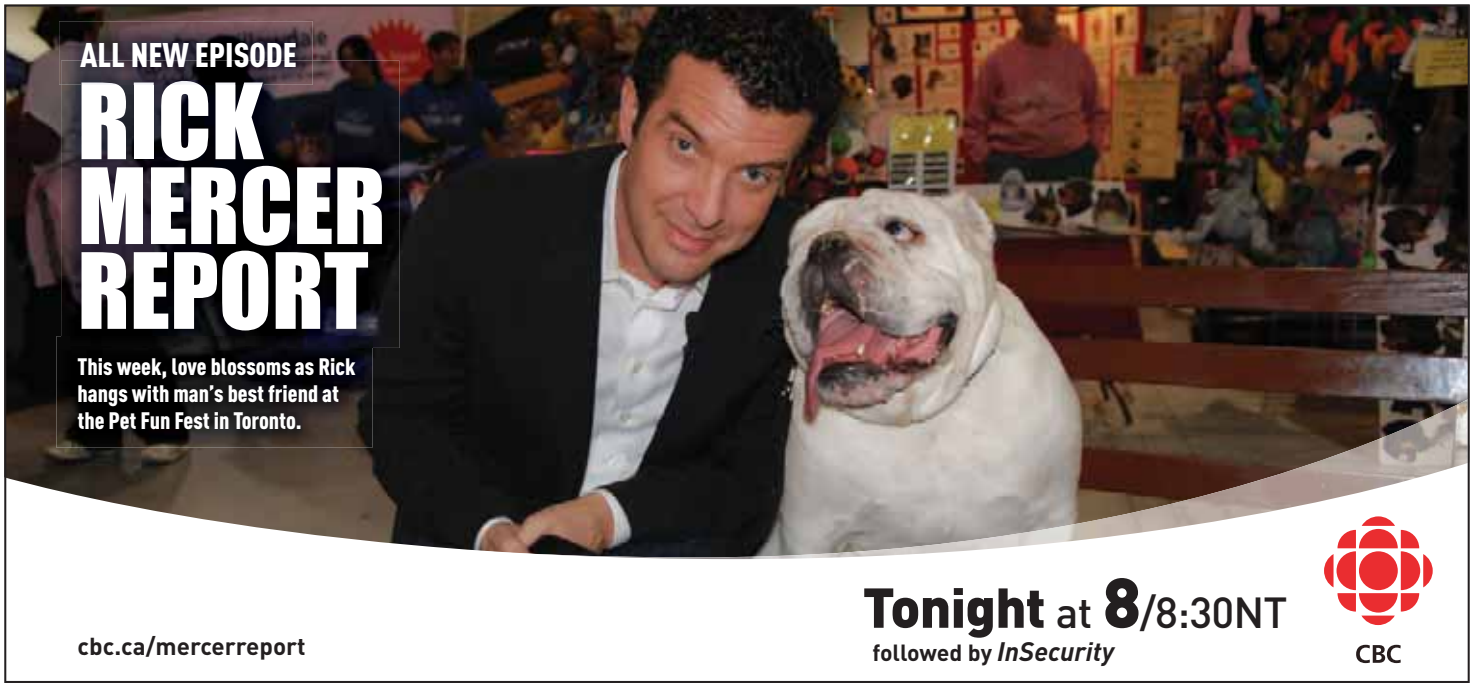
At least 11 people have been killed since anti-government protests erupted earlier this month, including a youth shot dead yesterday, medical officials said.

In an attempt to defuse anger over the violence, Saleh told a news conference that he has ordered troops not to fire at anti-government protesters, except in self defence.

THE ASSOCIATED PRESS

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

▶ A Yemeni anti-government protester holds a poster of Ernesto 'Che' Guevara, at a demonstration demanding the resignation of President Ali Abdullah Saleh, in Sanaa, Yemen, yesterday.


ALL NEW EPISODE
RICK MERCER REPORT
This week, love blossoms as Rick hangs with man's best friend at the Pet Fun Fest in Toronto.
cbc.ca/mercerreport
Tonight at 8/8:30NT
followed by InSecurity
CBC

NASA

Satellite to study particles

NASA is set to launch its latest Earth-orbiting satellite on a $424-million US mission to analyze airborne grit spewed by volcanoes, forest fires, smokestacks and tailpipes.

The Glory satellite is slated to blast off before dawn tomorrow from Vandenberg Air Force Base aboard a Taurus XL rocket. Once boosted to an altitude of 700 kilometres, it will join a fleet of satellites that has been collecting climate data for years.

Its job will be to study airborne particles known as aerosols. Smaller than the diameter of a human hair, these ubiquitous specks can track great distances across the globe and are largely responsible for producing hazy skies. THE ASSOCIATED PRESS

Jail time for dousing gas on workers

A Newfoundland woman who doused two pharmacy employees in gasoline during a robbery and threatened to set them alight has been sentenced to seven years in prison.

Dawn Power of Peter's River was sentenced yesterday. It includes a second robbery at a sandwich shop. THE ASSOCIATED PRESS

Stepmom accused in disabled girl's death

The stepmother of a 10-year-old disabled Australian girl was indicted yesterday on a charge she murdered the child, and officials released the latest gruesome detail in the case of little, freckle-faced Zahra Baker: Her head is missing. THE ASSOCIATED PRESS

One couple's quest for routine sex documented

CONTRIBUTED

260 Days
HOME
ABOUT
CONTACT US
There's an App for That
Melanie was out this morning so I took care of the kids and hung out with my family before they left. I made breakfast burritos for brunch and served up some fresh ground coffee. It was a fantastic morning! Just before noon, Melanie came home and my parents headed home. It worked out nicely because just as my family left, curling came on
We are heading out to the WHL Heritage Classic on Monday, so after curling was over, Melanie headed out to grab the tickets and I had a shower in anticipation of sex when she came home. I was pretty excited about sex as Melanie and I had been talking about sprinting through the kama sutra. I got the iKamaSutra app on
cool. You can tag positions as tried and favorite positions and
based on chosen parameters. It also tracks your progress.

▶ The latest post from 260days.ca documenting a Calgary couple's year-long expedition between the sheets.

▶ Target is to have sex five days a week ▶ Blogged at 260days.ca

JEREMY NOLAIS
@METRONEWS.CA

A Calgary husband and wife are in the midst of documenting a daunting challenge likely to make even the most liberal lovers ache in empathy.

Engaging in intimacy had always been a point of contention for Ryan and Melanie since the two were married nearly eight years ago.

The couple asked that their last name be withheld and Melanie's first name be altered to avoid workplace conflict.

As Ryan puts it, they were faced with an "imbalance in sex drives."

"I was ready to go most of the time," he said. "While her words exactly were, 'I could probably do it once a year and be happy.'"

Finally, some excitement was found when the two discovered a book detailing a couple's quest to have sex for 101 consecutive days.

"It was highly motivational," Ryan said.

And that's where the intercourse expedition began.

Starting Jan. 1, the couple, both 30 years of age, began engaging in sex five times per week all the while documenting the pains and pleasures — Kama Sutra iPad apps and massage candle wax included — online at 260days.ca.

Now, Melanie says they have never been closer.

"The more that we do it, the less taxing it has become," she said. "It was about figuring out there were certain things I needed and certain things he needed."

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Russia's future spikes emotion

Former Soviet leader Gorbachev lashes out against judicial and parliamentary system
Says Putin, Medvedev disrespect democracy

Former Soviet leader Mikhail Gorbachev on Monday described Russia as an imitation of democracy and accused its current rulers of conceit and contempt for voters, in his harshest criticism of the government yet.

Gorbachev criticized Prime Minister Vladimir Putin and his protege, President Dmitry Medvedev, for saying that they will decide between them who should run for president in Russia's March 2012 presidential vote.

Gorbachev denounced the statements as a show of "incredible conceit" and disrespect for voters.

"It's not Putin's business. It must be decided by the nation in the elections, by those who would cast ballots," Gorbachev said at a news conference. "Can't other people also run?"

Gorbachev has previously avoided personal criticism of Putin, who has remained Russia's No. 1 politician after shifting into the premier's post following two presidential terms.

Putin is widely expected to reclaim the presidency in 2012.

Gorbachev said that Russia has only "imitations" of a parliament and judicial system.

Gorbachev also denounced the main pro-Kremlin United Russia party as a "bad copy" of the Communist Party of the Soviet Union and warned that the government's efforts to sideline opponents could backfire.

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

▶ Khodorkovsky

"The monopoly ends in rotting and hampers economic development," he said.

He has also called for a probe into last week's statement by an assistant to the judge who convicted oil tycoon Mikhail Khodorkovsky who said that the judge did not write the verdict and read it against his will in a Moscow court.

"Putin still considers me a dangerous political and personal opponent."
RUSSIAN OIL TYCOON MIKHAIL KHODORKOVSKY, IMPRISONED SINCE 2003

Judge Viktor Danilkin found Khodorkovsky guilty in December of stealing oil from his own oil company and extended his prison term through 2017. Putin has been seen as a main force behind the legal attack.

THE ASSOCIATED PRESS

▶ Former Soviet leader Mikhail Gorbachev gestures at a news conference in Moscow yesterday.

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SERGEY PONOMAREV/THE ASSOCIATED PRESS

Former leader talks Arab unrest

Former Soviet leader Mikhail Gorbachev, who is revered in the West for the role he played in ending the Cold War, is disliked by many at home for the collapse of the Soviet Union and the years of social and economic turmoil that followed it.

Speaking at a news conference in Moscow on Monday, Gorbachev said that the uprisings that toppled the leaders of Tunisia and Egypt, and continue spreading across the Arab world, have many things in common with the collapse of Communism.

"People are striving for a better life," he said. "They have nothing to lose."

Gorbachev is turning 80 next week.

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Jeannette Walls, Lisa Genova, Elena Gorokhova

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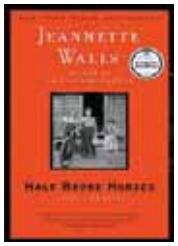

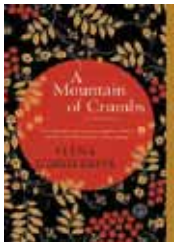

Join Indigo's Chief Booklover Heather Reisman in conversation with bestselling authors **Jeannette Walls, Lisa Genova** and **Elena Gorokhova** as they discuss the inspiration for their gripping stories and their lives today. Book signing to follow.

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Lost aviator a lick

▶ Amelia Earhart, the first woman to fly solo across the Atlantic Ocean, is shown in this undated file photo.

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from being found?

Letters sealed by Earhart may provide DNA key to unlock longstanding mystery of her disappearance

More than seven decades after aviator Amelia Earhart disappeared while attempting her ill-fated flight around the world, a British Columbia scientist hopes to extract DNA from letters she wrote to loved ones.

Dongya Yang of Simon Fraser University is aiming to harvest Earhart's DNA from dried saliva on two envelopes she is believed to have sealed before posting letters from her various travels.

The forensic scientist is trying to create a genetic profile that could be used to test whether bone fragments recently found on a South Pacific island are those of the famous aviator.

The fragments were found several hundred kilometres from where Earhart is believed to have disappeared over the Pacific Ocean in 1937.

Yang came to the research by way of a Simon Fraser health sciences student, Justin Long, who asked Yang to use his DNA expertise to shed light on the Earhart mystery.

Long's grandfather, Elgen Long, is considered an Amelia Earhart scholar and has collected about 400 of her letters.

Earhart scholar

Elgen Long, 88, has spent almost four decades collecting Earhart items.

- Long and his late wife wrote a book about the aviator in the mid-1990s.
- Two years ago, researchers found bone fragments believed to be from Earhart.
- The Long family doesn't think the find belongs to the legendary aviator.
- Long's hope is Yang is able to come up with a DNA profile of Earhart.
- "It would be a confirmation of the work that my wife and I did for 35 or 40 years," said the former pilot and aircraft accident navigator.

The letters had been opened at the sides of the envelopes or with letter openers, leaving the seals intact for scientists to steam open to try to recover DNA.

Justin Long said Yang will be testing two letters Earhart penned to her mother. One of them was written on United Airlines letterhead while the aviator was travelling through Omaha, Neb.

"She didn't have a secretary or husband or anybody with her so she most likely licked it and mailed it herself," he said of the research, that is partly funded by his family.

Long said Yang has a total of four letters to test.

He said one of them was written by Earhart's husband, George Palmer Putnam, so Yang could have comparison DNA of someone close to Earhart in case the letters were sealed by someone else.

THE CANADIAN PRESS

Facebook's 'word of mouth' ads blend in

Massive database means cheap ads and precise audience targeting ◗ But social media still a tough sell

AARON HARRIS/TORSTAR NEWS SERVICE

▶ Jordan Banks

As anyone who uses it knows, it can be hard to tell the ads from the content on Facebook. That's deliberate, says Facebook Canada managing director Jordan Banks.

"A Facebook ad has to be non-interruptive, timely, relevant and personalized," Banks says.

In other words, the ads must look and feel just like the free voluntary content Facebook users post on their pages.

That's the vision of Facebook founder Mark Zuckerberg, Banks says.

In the movie The Social Network, Zuckerberg insists in the site's early days that advertising would interfere with it being "cool." Now, seven years later, with 550 million followers worldwide and millions of dollars from private investors, Facebook needs a way to compete for ads.

Facebook's ad revenue is projected to double to $4.05 billion US this year. Though it's growing fast, so are other forms of online advertising. Google Inc. reported revenue of $29.8 billion US last year, most of it from advertising.

Facebook has plenty of fans in Canada: 15 million visitors a month; 10 million who visit daily.

Despite these impressive figures, social media continue to be a tough sell, with many brands uncertain how to divide their ad budget between conventional and new media.

Banks' job is to convince the "Top 200 brands" that it's worth being on Facebook.

With its massive database of users and detailed knowledge of who they are and what they like, Facebook offers brands the ability to connect directly to a specific segment of that audience, he says.

On the downside, the commercialization of Facebook has raised concerns about just how much personal information is being shared with advertisers, and how.

Facebook has responded by giving users more control over privacy settings. Users can opt out of everything, Banks says, though he questions why anyone would do that.

"If you opt out of everything, it's not a very social experience. It takes away from the beauty of Facebook," he says.

TORSTAR NEWS SERVICE

Cider. Rules

▶ Chris Haworth hopes to upset the apple cart — in a good way — with his cider-themed tasting menu.

SHERYL NADLER/THE CANADIAN PRESS

Guess what's for dinner

Long a favourite tipple in Britain and France, cider — the alcoholic kind — is steadily winning converts on this side of the pond. So much so that a chef in Burlington is putting together a six-course tasting menu featuring dishes paired with area ciders. Chef Chris Haworth of Spencer's at the Waterfront will complement the six-course meal with 10 Ontario ciders. The Manchester-born Haworth, 38, who has been in Canada for six years, says this country's cider industry has grown exponentially over the past decade. The public can taste the results Feb. 27.

Technology, glitches drive auto recall bump

Recall notices for auto inspections and repairs of possible defects climbed by 14 per cent last year to 2.44 million vehicles, the second-highest level in the country's history.

Notices have risen sharply for two years from a decline after hitting a record of 3.67 million vehicles in 2004, Transport Canada says.

Analysts attribute the increase to a few major recalls, a rise in the technological complexity of vehicles and a propensity by some automakers to send out notices for minor glitches. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
Closed yesterday	+ 0.23¢ (101.65¢ US)
Oil	**Natural gas**
+ $4.03 US ($90.23 US)	1,000 cu ft $3.932 US (+ 5.6¢ US)
	Gold contracts $1,403.60 US (+ $15 US)

Oil firms evacuate staff from Libya

Several oil companies pulled their expatriate staff out of Libya yesterday and suspended operations, as anti-government protests spread to Tripoli.

Italy's Eni, Royal Dutch Shell PLC, U.K.-based BP and Germany's Wintershall were evacuating their foreign workers.

Montreal-based SNC-Lavalin said its employees in Libya were safe, while work on some projects has been temporarily suspended.

Suncor spokesman Brad Bellows said the Calgary-based company is monitoring the situation.

THE CANADIAN PRESS

Gold soars amid unrest

Gold rose above $1,400 an ounce yesterday for the first time in weeks as violence flared in the Middle East, boosting interest in the precious metal as a haven from risk.

"These uncertainties on the geopolitical risk side are driving the gold market,"

JOSEPH EID/GETTY IMAGES

said Bayram Dincer, an analyst at LGT Capital Management in Switzerland.

Silver also rallied, touching its highest in 31 years, while palladium hit a 10-year peak. THE ASSOCIATED PRESS

Syncrude fined for worker death

Syncrude Canada has been fined $365,000 for the death of a worker in northern Alberta.

Thomas Miller, who was 48, died Dec. 31, 2008, at the Mildred Lake processing plant when he was struck by a slab of ice weighing hundreds of kilograms.

Syncrude pleaded guilty to one charge under the Occupational Health and Safety Act.

A spokesperson said most of the money will go to developing a new course at Keyano College in Fort McMurray and $100,000 will go to scholarships in Miller's name.

THE CANADIAN PRESS

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KEEPING IT CASUAL IN THE FRIEND ZONE

She says ...

JESSICA NAPIER

All friendships require a certain amount of chemistry. But when two heterosexual people of the opposite sex become buddies, sometimes those friendly feelings can start to resemble something more like sexual tension.

Male-female friendships can be an emotional minefield of hidden desires. Does this mean you secretly want to jump into bed with all of your friends? Of course not. But do you ever wonder how many of them might be interested if the opportunity presented itself? Maybe you and your platonic pal are just a bad breakup and a bottle of wine away from crossing that boundary and hooking up.

So, can two people of the opposite sex ever really be "just friends?"

The Hollywood answer to this age-old question is a decisive HELL NO. On screen, male-female friendships always turn into something more. Harry and Sally, Chandler and Monica, Jim and Pam … do I need to go on? Even the characters in Just Friends wind up becoming much more than the film's definitive title suggests. Cinematic clichés dictate that when reasonably attractive men and women befriend one another they are always on the road to romance, whether they realize it or not.

"So, can two people of the opposite sex ever really be 'just friends?'"

But how much truth is there to this friendship as foreplay theory?

Not a whole lot. Real life isn't a romantic comedy; men and women go to school together, work together and hang out in plenty of platonic settings without falling hopelessly in love with one another.

Last year, a close (female) friend of mine moved in with a new (male) roommate. My immediate reaction was, "You two are definitely going to sleep together." Perhaps I've watched too many rom-coms but it seemed to me that a single man and woman living under the same roof would inevitably end up doin' it.

Much to my surprise the roommate romance never transpired; almost one year later the two of them have never even come close to seeing each other naked. Instead, their cohabitation has come to resemble a sexless marriage. They cook for each other, argue over domestic chores and insist that they never, ever think about each other "that way."

Ultimately, just because two people can have sex doesn't mean they want to. Sometimes guys and gals are better off keeping it casual in the friend zone.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Beer and fitness do mix

Worth mentioning

Beer. It's not just for couch potatoes anymore.

A Bavarian brewmeister is touting its no-alcohol beer as the latest sport drink for athletes, handing it out at the finish line of sporting events and touting its regenerative benefits.

Unlike Gatorade, Erdinger Alkoholfrei is served up with a frothy head. And it comes in one colour — a golden hue — unlike conventional sport drinks.

Several top athletes from Europe quaffed the beverage from giant mugs on the podium of the World Cup biathlons held this month in northern Maine.

The company touts the beverage as an isotonic, vitamin-rich, no-additive beverage with natural regenerative powers that help athletes recover from a workout. In other words, it's carbohydrate-loaded refreshment without the alcoholic buzz of beer or the jitters caused by some energy drinks.

Promoted as a "sports and fitness drink," Erdinger began targeting athletes in 2001 in Europe with an advertising campaign featuring a pair of triathletes. Its popularity quickly grew in Europe, where it's often distributed for free in the finishing area of sporting events.

THE ASSOCIATED PRESS

Cheers

ROBERT F. BUKATY/THE ASSOCIATED PRESS

Are you excited about the Oscars? Why or why not?

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Metro Minute with Roll Up The Rim

Ready to feel old? Tim Hortons' Roll Up The Rim campaign turns 25 this week. That's right. The campaign that taught Canadians how to awkwardly trill their R's has been around long enough to see both your kids through grad school.

In celebration of this cultural milestone, the coffee chain is, er, rolling out its biggest giveaway yet. Each time you purchase a medium, large or extra large hot beverage, you improve your odds of winning a 2011 Toyota Matrix XRS, a Panasonic 3-D TV, and more than 47 million free food and drink prizes.

Based on the daily lineups at every Timmy's on the planet, all that could easily go to one person.

JORDANA DIVON

CONTRIBUTED

▶ Celebrate the 25th anniversary of Tim Hortons' Roll Up The Rim campaign just like every other day of the year: By lining up for its addictive coffee.

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Behind the scenes on the Red Carpet

Metro talks to E! hosts Ryan Seacrest and Giuliana Rancic about the Hollywood Red Carpet experience ◗ How are they preparing for Oscar day? ◗ Who are some of the most elegant stars?

METRO: How do you remember all the things about each celebrity you interview on the Red Carpet?
RYAN: I happen to be a fairly ardent film and television junkie, which really helps. Plus I have a great team surrounding me who keep me informed so that I am never really out of the loop.

What is your opinion of Anne Hathaway and James Franco as hosts for the Oscars? Doesn't the show fare better with a comedian as host?
They are true movie stars, and I think they will have viewers eating out of their hands from the moment they walk onstage.

As a popular TV figure you surely get lots of attention when you travel. What is the strangest/funniest proposal you've received from a fan?
Actually, fans are really lovely to me and rarely make inappropriate advances. Of course, there is always the odd stranger who approaches me in a busy airport and truly expects me to get them on Idol based on that chance meeting.

How do you keep things fresh after doing so many Red Carpets? Doesn't it get old?
Every awards show presents new opportunities because of the new material the actors do from year to year. Talking with Jeremy Renner about The Hurt Locker, for example, is very different than talking with him about The Town.

Red Carpet

Showtime. Live From The Red Carpet: The 2011 Academy Awards airs Sunday, Feb. 27 starting at 6 p.m. ET on E!

What's the craziest thing you have seen at an awards show after-party?
I wish I could tell you something, but I am usually preparing for the next day's E! News after the awards shows.

Who do you think throws the best after-party in Hollywood?
For sheer star power and glamour, you really can't beat the Vanity Fair party. It has become an institution and many stars feel like they have not "arrived" until they have been invited.

Who do you think are the most elegant/fashionable male and female celebs who never disappoint on the Red Carpet?
In just a few short years, Anne Hathaway has really become one of the fashionistas to watch. Among the guys, Clooney and Pitt never seem to disappoint fans.

Women spend hours readying for the Red Carpet. How about you, Ryan? Any special grooming regime to prepare for the big day?
There is not really a day that goes by that I am not on camera, so prepping for it is just part of my daily routine. On Red Carpet days, however, I do try to wait as late as possible to shave since my day starts so early. You just don't want to hug Meryl Streep with stubble, you know?

METRO: Do you actually watch all the nominated movies and shows? Where do you find the time?
GIULIANA: It is simply impossible to watch everything, so I really try to focus on the major categories and the "star vehicles" since I know I will likely be talking with those stars on the carpet. Luckily, by the time Oscars gets here, I've had more time to fill in some of the gaps after Golden Globes.

What is the weirdest thing you have seen on the Red Carpet?
One of the strangest things I've witnessed on the Red Carpet was when the gorgeous young actress Megan Fox said that she thought she looked like a transvestite when she looked in the mirror. She was dead serious when she said that in the interview and it shocked everyone because she is so stunning!

Who was the last celebrity who made you feel star struck, and why?
The last celebrity who made me feel star struck was Al Pacino. At the last Emmy Awards, he arrived late and wasn't going to do any press, but I ran down to the carpet and brought him back up to the E! platform for an interview that ended up being great!

Do you do any special preparation regarding fashion for the Red Carpet? Do you read up on designers, or do you have people working for you who try to find out who will be wearing what so that you are prepared?
Yes, we have a fashion squad that is devoted to learning who will be wearing what leading up to the big day.

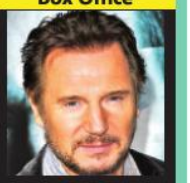
I like to know the designers, trends, colours and silhouettes that are going to be the most prominent on the carpet beforehand so I can let the audience know what to expect.

How much of what you ask the stars on the Red Carpet is your personal choice and how much is from your team telling you what to ask?
Oh, it is a healthy combination of both. Since I research, write and report entertainment news every day,

I already know a lot of what is topical and on viewers' minds. Luckily, I have great producers who will also tell me important bits of information beforehand in our pre-meetings as we prepare for the big day so that I don't forget to ask something big.

2 scene

Box Office



Liam Neeson has proven himself a known quantity again at the box office. Neeson's thriller, Unknown, debuted as the No. 1 movie with $21.8 million, following in the footsteps of his 2009 action hit Taken, according to studio estimates Sunday. Another action tale, I Am Number Four, opened at No. 2 with $19.5 million.
THE ASSOCIATED PRESS

A dogged Aussie filmmaking collective lands at the Oscars, with more movies to come

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Folk-rock royalty: The next generation

Rufus Wainwright announces birth of baby girl ◐ Newborn's mother is Leonard Cohen's daughter ◐ Wainwright is himself the son of two folk icons

ALL PHOTOS GETTY IMAGES

▶ Singer Rufus Wainwright is now a proud papa to Viva Katherine Wainwright Cohen.

Montreal-raised singer Rufus Wainwright is a dad — and the baby is the grandchild of legendary musician Leonard Cohen.

Wainwright made the announcement on his website, saying Viva Katherine Wainwright Cohen was born Feb. 2 in Los Angeles.

He said the baby was born to "proud parents Lorca Cohen, Rufus Wainwright and Deputy Dad Jorn Weisbrodt."

Weisbrodt is Wainwright's romantic partner.

Wainwright is the son of Loudon Wainwright III and the late Canadian folk singer Kate McGarrigle. Lorca Cohen's mother is artist Suzanne Elrod, who had two children with Leonard Cohen.

In the posting on his website, Rufus Wainwright referred to himself as "Daddy #1."

"Daddy #1 would like to offer everyone a digital cigar and welcome the little lady in with a French phrase from his favourite folk song, A La Claire Fontaine: "Il y a longtemps que je t'aime, jamais je ne t'oublierai," Wainwright wrote.

He also pointed out that some articles have incorrectly characterized Lorca Cohen as "the surrogate."

"Of course, she is no such thing," Wainwright wrote. "She did not carry the child for someone else. Lorca Cohen is the mother of the baby and Rufus Wainwright is the father."

Wainwright has released several albums and recently wrote the opera Prima Donna.

THE CANADIAN PRESS

Talking points

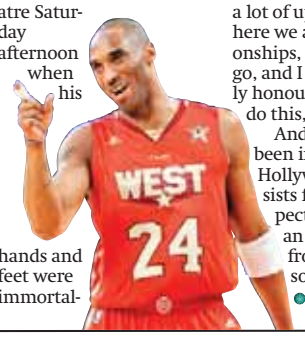
Unlucky Number Four?

SPLITSVILLE. Dianna Agron and her I Am Number Four co-star Alex Pettyfer have split after less than a year together, according to Us Weekly.

Sources say Agron has also moved out of the home she was sharing with the British actor. Less than a month ago, reports circulated that the pair was engaged to be married, which Agron's rep vehemently denied. METRO

Kobe feted in Hollywood

ACCOLADES. Kobe Bryant got his star on the Hollywood Walk of Fame recently and also became the first athlete to be to be honored at Grauman's Chinese Theatre Saturday afternoon when his hands and feet were immortalized in cement, according to E! News.



"I feel like I've grown up in this city, and we've had a lot of ups and downs, but here we are — five championships, plenty of more to go, and I just feel extremely honoured to be able to do this," Bryant says.

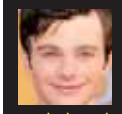
And though he's now been immortalized near Hollywood greats, he insists fans shouldn't expect any attempts at an acting career from him anytime soon.

METRO

Celebrity tweets

Jessica Alba [@jessica alba] No matter how full I am my tummy rumbles when I get a whiff of fresh popcorn. Ever happen to you?

Howard Stern [@Howard Stern] Watching american idol. I have gas but I'm holding it in out of respect for my wife.



Chris Colfer [@chris colfer] I waste so much thought searching for plots in music videos. METRO

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Lainey's Oscar file

BEST ACTRESS: JENNIFER LAWRENCE

LAINEY, ETALK CORRESPONDENT AND AUTHOR OF LAINEYGOSSIP.COM

Winter's Bone

Lawrence's nickname is "Nitro," given to her because growing up in Kentucky she was a self-described tomboy who excelled at several sports and even played on an all-boys basketball team.

And don't accuse her of going all Hollywood. Lawrence has insisted that there's a lot of "redneck" in her still, once joking that she's "attracted to her brother."

THE 83RD ANNUAL ACADEMY AWARDS AIR LIVE SUNDAY AT 8:30 P.M. ET ON CTV. CANADA'S OFFICIAL RED CARPET SPECIAL ETALK AT THE OSCARS AIRS ON CTV (6:30 P.M. ET), /A\ (6:30 P.M. ET) AND E! (8 P.M. ET). VISIT CTV.CA FOR LOCAL BROADCAST DETAILS. CTV COVERS THE OSCARS FROM EVERY ANGLE, BRINGING VIEWERS MORE THAN 15 HOURS OF OSCARS ACTION ACROSS CTV, E! AND /A\.

▶ Jennifer Lawrence

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CARE enough to walk in their shoes

Celebrity fitness trainer Ramona Braganza shares her new cause: CARE Canada's Walk in Her Shoes

RAMONA BRAGANZA
LIFE@METRONEWS.CA

Get ready to do some serious walking.

I always considered walking to be a terrific way to get fit, so when CARE got in touch with me to help them out with such a unique and worthy cause, I was more than excited to participate. CARE's Walk in Her Shoes is not only a great way to get fit, but to also experience what it must feel like to be one of millions of women and girls around the world who must walk an average of six kilometres (8,000 steps) a day to collect water or firewood, all the while carrying the equivalent of a heavy suitcase just to survive.

Here in Canada, the average person walks only 2,000 steps a day. For us walking is not a means of survival, but it can be a great way to get fit. Walking 8,000 steps over the course of a day has such great benefits: studies show that walking can, among other things, reduce the risk of heart disease, lower blood pressure and reduce body fat. It requires no special training and no special equipment, and it's something we are meant as humans to do naturally.

To take part

To help break the cycle of poverty and in celebration of the 100th anniversary of International Women`s Day on March 8, CARE is challenging Canadians to either walk 8,000 steps a day from March 2, finishing on International Women`s Day; or, build their own Walk in Her Shoes challenge, setting their own step count and timeframe.

- Visit care.ca/walkinhershoes and sign-up for Walk in Her Shoes or make a donation to support the challenge and CARE's work.
- For more tips from Ramona Braganza, visit metronews.ca/walkinhershoes

Also, it can be a lot of fun.

Participating in the Walk in Her Shoes one week challenge is a great way to get hooked on walking on a regular basis. The pedometer you receive is a great tool to keep you accountable — almost like having a trainer right there beside you.

RAMONA BRAGANZA

▶ CARE's challenge to Canadians: Walk 8,000 steps every day from March 2 until International Women's Day on March 8, or build your own Walk in Her Shoes challenge, setting a step count and timeframe that works best for you.

As a trainer I have a few tips that I'll share with you over the next two weeks as I train along-side other Walk in Her Shoes participants. Visit metronews.ca/walkinhershoes to learn more.

The most important tip to help you get started: Wear proper shoes. They must fit well, flex well and give you enough support. Walking shoes should be flat.

Comfortable running shoes work best for most walking programs.

3 life

Fitness future

Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. The fitness-simulation program displays your image on the screen, tracks your movements and offers various classes like yoga and cardio boxing complete with a virtual trainer. She'll do similar activities with her own personal trainer. Her third story appears on Metronews.ca today and will run twice a week, concluding with a wrap up story in the Feb. 28 edition of Metro.

METRO

Self-injury YouTube videos may reinforce behaviour among viewers, study suggests

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Thoughts on... Mistakes

ADVICE It is easy to be negative about past mistakes, but our past helps us to advance to higher levels of living and loving.

They are the building blocks that help us to shape our life.

Some of us have emerged from these mistakes with strong insights about who we are and what we want.

Our mistakes?

Necessary.

Our frustrations, failures and detours? Also necessary. Each step of the way, we learn. We go through exactly the experiences we need to become who we are today.

So, is our past a mistake? No. The only mistake would be to believe otherwise.

Shift your perspective and be grateful for everything that has brought you to this moment.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Cold weather conditioning

How to keep your fitness routine on track in winter

DAILY SQUEEZE

LARRY TRACK
A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

ISTOCK

▶ Try new things to keep you active even when it's cold out.

Staying in shape through the winter months can be a challenge. But maintaining an exercise routine should be a part of your lifestyle throughout the entire year. Here are my Top 10 tips for staying motivated as the mercury drops.

1. Get outside

Take advantage of the colder season by participating in activities you can only do this time of year, such as skiing, snowboarding or ice-skating.

2. Stay inside

If the weather is dreadful outside, stay motivated by introducing variety into your workouts. Try purchasing a new fitness toy, medicine ball, jump rope, exercise video or stability ball.

3. Drink more

When exercising in cold weather, it's harder to gauge your fluid loss, but it is still easy to become dehydrated. Fluid replacement is essential, even in chilly weather. Water is best.

4. Plan for indoor fitness

Rain and snow are no excuse. Plan ahead by finding an indoor location before you need it. This is a great time to window shop with five to 10 laps in your local mall.

5. Train for the summer

If your favourite sport is golf or baseball, choose workouts that mimic motions used in these sports to keep those muscles strong, flexible and ready for spring.

6. Try new things

Try yoga, aerobics, indoor rock climbing or spinning. The more you challenge your muscles, the better results you can gain.

7. Layer up but don't overheat

Garments can be removed and replaced as needed. Keep dri-fit based layers close to skin to absorb sweat, and wear a wind-protecting outer.

8. Adapt to indoor fitness

Changing workout conditions require a change in your shoes and other equipment too. Try a trail running shoe to keep you from slipping as you run.

9. Don't forget your hat

A hat or toque can prevent as much as 50 per cent of total heat loss when you're outside. Even better, look for one made with dri-fit material to absorb sweat.

10. Set a goal for the spring.

Knowing you have a target to hit for the spring will keep you motivated throughout the winter. Sign-up for a half-marathon.

With a few more months to go, don't let winter get you down. Instead, embrace the chilly temps and keep moving the best you can.

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Loving Hut may change your mind about eating vegan cuisine

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STEPHANIE DICKISON

▶ It may look like beef, but this is Loving Hut's vegetable protein.

Loving Hut doesn't feel like a chain, but according to its website, it's the "fastest growing international vegan chain of restaurants with over 120 branches worldwide."

There are two in Toronto — one on Eglinton West and the one I visited on Spadina near Queen.

Its menu covers all the bases, from organic, vegan, non-GMO to peanut and nut free.

BBQ & Spring Rolls Noodle ($8.95) looks like beef, but it's vegetable protein, and while the Savoury Crisp looks like breaded chicken, it's actually soy.

For "fake" meat, Loving Hut does a good job in look and texture.

While the BBQ tastes a lot like beef, the Savory Crisps mozzarella consistency gives it away. The Lentil and Carrot soups ($3.45 - $8.95) are fantastic, but the diner-style salad is a disappointing choice.

And in case you think vegan cuisine isn't filling, you're wrong. I didn't eat for the rest of the day.

Loving Hut
140 Spadina Ave., Suite A101
647-351-7918
lovinghut.ca
Reservations: No
Rating: 3 out of 5

ISTOCK

Turkey and Broccoli Pasta

Yields: 4
Prep time: 20 mins
Cook time: 20 mins

EMILY RICHARDS
FOOD@METRONEWS.CA

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp (10 mL) oregano
- Pinch hot pepper flakes
- 1 can (28 oz/796 mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- Pinch pepper
- 4 cups (1 L) penne pasta
- 3 cups (750 mL) chopped fresh broccoli
- 6 oz (180 g) deli sliced roast turkey, chopped
- 1/4 cup (50 mL) Italian parsley
- 1/3 cup (75 mL) grated Parmesan cheese

Preparation:

1. In non-stick skillet heat oil over medium heat and cook onion, garlic, oregano and chillies for about 5 minutes or until softened. Add tomatoes and salt; bring to boil. Reduce heat and simmer for about 15 minutes or until thickened.
2. Meanwhile in large pot of boiling salted water cook pasta for 8 minutes. Add broccoli and cook for 2 minutes or until pasta and broccoli are tender but firm. Drain and return to pot. Add tomato sauce, turkey, parsley and Parmesan and toss to coat.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

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LIFE IS FULL OF SURPRISES

▶ Monika & Tomasz

Names: Monika, 35, and Tomasz, 33

Hometown: Edmonton

Together since: 2008

Their story:

If there is one thing I (Monika) know for sure, it's that life is full of surprises, so be prepared!

I met my husband two years ago, thanks to "Our Class" — a sort of Polish Facebook.

Tom came across my profile as we had some mutual friends. When he noticed that we grew up in the same city in Poland, and that we both lived in Dublin at that time, he decided to email me.

Normally I wouldn't reply to strangers, but something just told me to write back.

After few days of emailing, we decided to meet. Before our first date, Tom told his friends that he had a feeling I would become his wife.

We started dating and were soon spending every minute together.

After a few months, I received a lovely birthday present: Tom whisked me away to Paris for a fantastic getaway! One night was particularly special: We went for a dinner near the Eiffel Tower and Tom proposed to me at midnight — I immediately said yes! In 2009, we were married in Poland. We moved to Edmonton shortly thereafter to begin our new life as husband and wife.

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Five big before-you-borrow ifs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Here's how borrowing to contribute to your RRSP (in the biz world it's called leveraging), is supposed to work. You take out a loan, make the contribution, get a tax deduction and, hopefully, a refund. You repay the loan, the investments grow and you live happily ever after.

It's a great idea, on paper. In reality, I rarely see it work. People invariably fail to look at their own behaviour. If you haven't been able to make the RRSP contributions throughout the year, how are you going to pay back the loan?

I'm not ruling out borrowing for your RRSP contributions – but only if you can say yes to these five IFs.

If you have a taxable income You'd be shocked how often those with contribution room, but no taxable income, contemplate borrowing to deposit money in their RRSPS.

Obviously, the higher your marginal tax rate, the better the strategy looks. But don't forget that interest on money borrowed to contribute to an RRSP is not tax deductible.

If you don't have high interest, non-mortgage debt It makes absolutely no sense to borrow money for an RRSP when you're already paying high rates on credit card debt, (usually between 12 and 19 per cent), or on retail card balances (up to 29.9 per cent).

If you're disciplined enough to take the tax refund and slap it on the loan

If you can pay back the loan quickly Most in the financial industry suggest aiming for a year, maximum, to discharge the debt, and I agree. By not paying it off within a year you risk making it a permanent part of your debt load.

If you can invest the money wisely There's nothing more disheartening than borrowing to contribute to your RRSP then seeing that money shrink by 20 or 30 per cent because of stock market losses.

ISTOCK

▶ Be realistic. Are you ready for your newfound riches?

Money matters

If you can say yes to the five IFs, take a look at Credit Canada's RRSP loan calculator to see how it might work out for you.
crediteducationweekcanada.com/calculators/rrsploan.html

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Stress-free March Break travel

Having second thoughts about your family vacation? Not to worry!

With the children out of school for March Break, it seemed like a great idea to book a family trip. Now, faced with bags to pack, kids to entertain and unpredictable weather threatening to delay your travel plans, are doubts clouding over your sunny thoughts?

Relax – or at least think about how relaxed you'll be when you get to your destination!

As a travel enthusiast and TD credit cards associate vice resident, Stacie Pearson has some experience with reducing travel stress and offers her top tips for travellers this March Break.

Drive to the airport Avoid worrying if everything will all squeeze into one airport limo or taxi. Set your own schedule and drive your own car to a secure and convenient airport parking lot. Keep in mind that some travel credit cards will let you redeem points for airport parking so that you can include it in the total cost of your vacation.

Take the earliest flight possible Try to book a flight as early in the day as possible and avoid the last flight out. Delays tend to happen as the day goes on, so booking an early flight limits the chances of getting stuck at the airport.

Don't lose a day of vacation because your luggage is lost Protect yourself by booking your trip on a credit card that has Delayed and Lost Baggage Insurance. Just to be safe, make sure your carry-on includes destination must-haves, like a swimsuit and sandals, so that if your luggage is delayed for a few hours, you can head to the beach while you wait.

Avoid surprises by budgeting for all costs While big ticket items are easy to calculate, costs including airport transfers and taxes often get overlooked. Many travellers experience the pinch of unexpected costs such as weight restrictions. Consider using a credit card that offers travel reward points that you can use for more than just the plane ticket.

NEWS CANADA

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The great pension debate

At some point you will have to make a choice about your pension Should you keep it with your employer, or should you take a lump sum cash payment and roll it into an RRSP?

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS

It's now estimated that fewer than 40 per cent of Canadians are covered by a registered pension plan.

A report by the Certified General Accountants Association of Canada (CGAAG) concludes that "the ability of Canadians to maintain a financially comfortable and healthy lifestyle after retirement has become one of the nation's most vexing challenges."

Canadian workers will at some point in their careers have to make a choice about their pensions — whether they keep it with their employer or whether they take their contributions in a lump sum cash payment.

"What's the best choice to make?" asks Scott Gerlitz, a financial adviser with Edward Jones in Calgary. "It's a big question. Unfortunately, many people don't know all their options and all the factors they should consider."

"If you have a family history of people dying early, and you don't expect to live long yourself, it may make sense to have the cash now," Gerlitz says. "Some folks may want to spend money on travel and other things while they are still healthy enough to enjoy them."

Many pensions don't have inflation protection. Most Canadians can expect to live in retirement for 30 to 35 years. An annual inflation rate of three per cent a year over 30 years can significantly reduce the buying power of a fixed pension at the end of that 30-year period.

Some options include taking your lump sum and rolling it into a personal RRSP or Locked-in Retirement Account (LIRA) and investing it in income-generating investments, such as GICs, bonds or blue chip dividend-yielding equities, which can grow over the years and provide protection against inflation.

You've also got to think about the long-term future and viability of your pension payer. Just think of Nortel and Enron. "If people had drawn their pensions they'd have all of it instead of zero," says Gerlitz. "As well, defined benefit pensions are going the way of the dodo bird."

There are basically two types of retirement plans: Defined Benefit plans pay fixed amounts, typically between 60 to 70 per cent of the worker's salary.

Defined Contribution plans, however, have a fixed contribution, usually based on a percentage of the employee's salary and a portion of that matched by the employer, with the employee taking full responsibility for managing the money. "You need to know what kind of person you are and how responsible an investor you are," Gerlitz says. "Studies have shown that people spend more time planning their vacations than they do their retirement."

Another thing to consider is what happens to the money if you die. Depending on the plan, the surviving spouse usually is entitled to between 50 to 66 per cent of the pension. If the money had been withdrawn from the plan, then 100 per cent can be transferred to the surviving spouse.

ISTOCK

▶ Build a better future by planning for your retirement.

Income splitting

Pension income splitting can be a smart way to save on taxes, especially if you're retired or nearing retirement.

- "You can split registered pension plan income with your spouse and help save taxes, but you should also make sure you don't cause yourself other problems," said David Ablett, a retirement planning expert at Investors Group. "For example, many people aren't aware that increasing the income of the lower taxed spouse could have an impact on various credits and benefits such as claiming medical expenses."
- Financial tips and investment information are available online at investorsgroup.com.

NEWS CANADA

3 LAST-MINUTE RRSP TIPS

Find an advisor

- Chasing returns or the next big thing can only lead to disappointment. Guidance from an experienced investment advisor will take emotion out of the mix and help you meet your financial goals. More information on finding an advisor is available on websites like franklintempleton.ca.

Contribute now

- Don't worry about how to invest your RRSP contribution. Temporarily park your contribution in a money market fund today and rebalance your portfolio tomorrow.

Diversify, diversify, diversify

- Canada's equity market represents only about five per cent of the world's entire stock market. It makes sense to diversify your portfolio and invest in global markets. Consider different asset classes to limit risk.

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Rethink retirement

Good planning starts with asking the right questions A financial planner can help you address your unique situation at all stages of life

Have you contributed to an RRSP?

This is an important consideration for many Canadians, although it's not necessarily the only question to ask when it comes to planning for your retirement.

"Good planning starts with asking the right questions," says Cary List, president and CEO of the not-for-profit organization Financial Planning Standards Council (FPSC).

"One of the most important questions Canadians should ask themselves is: Do I have a comprehensive financial plan that addresses my unique life goals, including those for retirement?"

ISTOCK IMAGES

A recent FPSC study confirmed that 61 per cent of Canadians with comprehensive financial plans feel confident in their ability to retire compared with only 27 per cent who seek no planning advice.

Additionally, the study revealed that these folks are also finding ways to put aside money for other life priorities along the way.

FPSC encourages Canadians to talk to a certified financial planner about their life goals, including retirement, to create a meaningful financial plan.

"Asking the right questions with a CFP professional can make all the difference when it comes to ensuring your financial plan uniquely addresses your situation for all stages of life," adds List.

You can learn more about financial planning online at fpsc.ca.

NEWS CANADA

Ask an advisor:

- How can I balance saving for both today's needs and retirement without sacrificing my most important priorities and goals along the way?
- When do I plan to retire, and what kind of lifestyle do I want?
- What are my expected sources of income in retirement (such as pensions, savings, inheritances or sale of a business)?
- What do I want my legacy to be and how might I include planned giving in my financial plan?
- What unique personal circumstances need to be considered in my financial and retirement planning?
- Should I invest in RRSPs, TFSAs and/or non-registered investments? How does my retirement plan fit in with my overall comprehensive plan?

Working after 65 can impact RRSPs

With mounting evidence that they are not financially prepared for retirement, it shouldn't come as a surprise that many Canadian boomers are expecting to work longer than they anticipated to help fund their retirement lifestyle.

About six per cent of Canadian workers continue to work full-time after age 65. However, research indicates Canadians are expecting to work longer.

A survey by AXA, for example, has found that many Canadians believe they will now have to take retirement later than they originally thought, and the majority (57 per cent) can't estimate what their retirement income will be.

But working in retirement can have an impact on people's Registered Retirement Savings Plans (RRSPs).

"If you do work in retirement you will need to assess when and how much you should take out or convert into a Registered Retirement Income Fund (RRIF)," says Dave Ablett, Director of Tax and Retirement Planning with Investor's Group.

If your work in retirement can sustain your lifestyle, you may be able to postpone converting your RRSP into a RRIF to the mandatory age of 71.

If it can't, you may want to convert some of your savings in order to supplement your working income.

If you are over 65 and continue to work you can continue to contribute to your RRSP and you may be able to contribute to a spousal RRSP. All provinces in the country have eliminated a mandatory retirement age.

TALBOT BOGGS, THE CANADIAN PRESS

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‘Diddy did my show!’

How the Internet helped one young entrepreneur connect with the biggest man in music

PAT HEALY
LIFE@METRONEWS.CA

Chris Gethard is a testament to the potential of new media. At 2:30 in the morning on Christmas Eve of 2009, the actor and comedian made an amateur YouTube video, pleading with rap mogul Sean “Diddy” Combs to make an appearance at The Chris Gethard Show, a live variety night at the 170-seat UCB Theatre in New York.

“I wanna live in a world where something like that is possible,” he said on the video. And last month, Diddy did the show.

“We spent 13 months trying to get Diddy to do the show,” said Gethard, just a few days after Combs’ appearance. “He said he would do it after only the first month of tweeting, and then it took well over a year after that for him to actually appear. ... So it had become this sort of monumental thing in my life. When it was actually happening it was this insane adrenaline rush.”

Gethard has had ups and downs in his profession, including a stint on Comedy Central. At one point during Diddy’s guest spot, Gethard asked him about how to make it in show business.

“He was so charismatic and so cool,” said Gethard. “And it just made you realize, ‘Oh, this is why this guy has had so much success. ... He knows how to just step up to the plate and deliver.’”

GETTY IMAGES

▶ Chris Gethard spent 13 months trying to get Sean “Diddy” Combs, shown here, to appear on his variety show.

Diddy’s advice seems to have given him a renewed belief that you can make anything happen if you believe in yourself and use the technical tools we have at our fingertips.

“That’s one of the things that the Internet has come to represent more and more for me,” said Gethard. “I think it expands what the world is and what the world can be.”

Future guests?

- **Why Diddy?** “Initially it was Al Roker, and that was a joke, and he turned me down,” said Gethard about his first campaign for a celebrity guest. “But what I saw was that all these people got behind it and all these people online saw what we were going for and supported it. And I was like, ‘We might actually have a method at our disposal that I was kind of using as a joke.’ So I thought, ‘Who is someone that should be really unattainable?’”
- **So who’s next?** “The person I would really want to interview would be Morrissey from The Smiths. He’s my favourite singer, but he’s not a Twitter guy. I’m also obsessed with the New York Knicks, so if anybody wants to help me get Amar’e Stoudemire I would not hold back on that either.”

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THE ASSOCIATED PRESS

▶ Bob Skelding embraces his horse Doc in Albion, Indiana.

Bridles jingle and heavy hooves tap a metronomic clip-clop as the ungainly wagon claims yet another kilometre.

It glides past a row of Main Street houses, past road signs touting this business, that fraternal group, the local team who were champions. Vehicles, horseless ones, slow to take in the outlandish muscles of the four giant draft horses.

Bob Skelding, holding the draft team's reins, has rolled through thousands of these towns,

From the start he has said he didn't care exactly where he went from day to day, did not have an end point, or any special point at all.

The trip began, in a sense, in his boyhood in Michigan, where his grandfather had a farm and became famous for raising and selling draft horses.

In time, Bob would become part of the community that raises and uses them. He'd marry, get a job, raise kids, live life. Horses were always part of that. When other children trick-or-treated on foot, his went house-to-house by horse-drawn wagon, his daughter, Lisa Skelding, says.

And by the time those kids were almost through college, an idea that had been in Skelding's mind for a while nudged forward and wouldn't go away. He was approaching 50. His second marriage was breaking down; the divorce became the final push.

"You come out of a divorce grasping for something. ... It forced me into this do-over position.

"He just all of a sudden told me, 'Hey, I'm going to take this trip,'" his daughter says.

It would be a trip by horse and wagon, at five kilometres an hour. He'd later say it was to "rebuild my life."

Deerfield, N.H., where Skelding was living when his plan dawned, is a charming colonial village. His white house, circa 1760, with its adjacent white barn, became his centre of operations – although selling the house and parting with most of his belongings was part of his preparation.

By hand, using a wagon bed and plywood, he built a rolling house, about 2 1/2-by-five metres. It had a bed, tiny kitchen, commode and shower, and storage for himself and his horses. He attached a solar panel to the front for power.

It was August 2008 when he set out. Heading west, first into Vermont and then New York State, he followed back roads whenever possible, picking up skill and confidence as a teamster.

From the start he knew he wanted to produce an online journal and had equipped his rig with a computer; a wireless connection was one of his few fixed costs. (That, plus food for himself and the horses and incidentals, ran to about $1,000 a month.)

By New Year's, he had travelled more than 1,900 kilometres.

"When you elect to do your life over," says Skelding, "it's fully, partially, or not at all."

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What's with forgetful teens these days?

New research says it may just be a normal part of brain development

A lost hoodie here, a forgotten backpack there. What's with teens and brain fog?

Parenting teens and tweens can sometimes feel like kindergarten redux, except adolescent attitudes are edgier and their missing and broken stuff costs more. In addition, their table manners are atrocious, some don't like to shower or use deodorant, and they may forget to brush their teeth.

These are moments that set parents thinking: Why is my kid still skipping through life on another planet? When's he going to land back on Earth?

The short answer might be later rather than sooner, at least when it comes to their brains.

Most scientists once believed the human brain reached full development by age 12. But research based on improved brain scan technology indicates that co-ordination of certain functions continues to come together through the early 20s, said Lawrence Steinberg, a psychology professor at Temple University.

"It's not that a teen is forgetting," he said. "It's more like they're much more drawn to the immediate reward of a situation than adults are and they're much less likely to think ahead and think about the future. The future can be just an hour later."

Steinberg regularly hears from parents as the author of the recently revised You and Your Adolescent: The Essential Guide for Ages 10-25.

"These days I get almost as many questions from parents about dealing with 20-somethings as I do about teenagers," he said.

Aimee Stern in Silver Spring, Md., is dealing with a full-on black hole fed by her 11-year-old daughter and 15-year-old son. "We've had multiple lost cellphones, house keys, winter coats," she said. "I'm seeing it get better now in sophomore year of high school. It's been replaced by total obnoxiousness."

Does she think mom and dad are a match for the scattered adolescent brain? Stern relaxed after digging into the latest research herself as part of her work writing a guide about teens and alcohol use.

"It was such a relief to learn that I wasn't crazy, and my kids' forgetfulness was just a normal part of brain development," Stern said. THE ASSOCIATED PRESS

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JAE C. HONG/THE ASSOCIATED PRESS

▶ Take a close look at this photo. Spot Justin Bieber's mistake, yet? It turns out the 16-year-old left his fly open while posing backstage at the recent Grammy Awards.

BRAIN FOG

When fog becomes too much to handle

Brain fog is a life force at the Waterville, Maine, house of Marc Pitman.

He has a simple, standing request for his 11-year-old son: Shut your bedroom door.

"He'll go to close the door, forget on the way and come back to the living room having left his door open."

Second on dad's list of peeves: "Using utensils at the table, not his hands."

Pitman relies on "auctioneer-like repetition" of common-sense instructions.

Shelly Walker has a different strategy. She's through paying for the stuff her 11-year-old daughter loses.

"In a week she lost one running shoe and her iPod Touch at school. She understands the value of cash."

Sally Treadwell in Boone, N.C., has two girls, 17 and 14. Like Walker, she no longer pays to replace all the lost, broken, destroyed or submerged stuff, but she isn't ready to blame the brain.

"I think the idea of teens being incapable of hanging onto stuff because of their developing brains is a very modern idea," she said.

"There were five of us in our family. We didn't have much money and what we had we hung on to. Part of growing up is learning to be responsible for yourself. The world isn't disposable."

THE ASSOCIATED PRESS

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4 sports

Leafs seek blue-liner

- Burke looking to add another body in time for tonight's game
- GM also seeking new deal with MacArthur, hints at trading him

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Fans watch the Leafs practice yesterday.

The Maple Leafs, still wheeling and dealing a week ahead of the NHL's trade deadline, are trying to trade for a defenceman in time for tonight's game against the visiting New York Islanders.

They will also know in the next few days whether they are likely to keep Clarke MacArthur, the team's leading scorer, or entertain trade offers for him in advance of the Feb. 28 deadline.

GM Brian Burke, after gamely participating in a question-and-answer session with fans during Family Day at the MasterCard Centre, said he's been working the phones and firing off emails in an effort to land a blue-liner.

"We've got couple of things going. I don't know if anything is going to come of it or not," said Burke.

"We're trying to put a player in the lineup that can help us as soon as possible."

Burke has already said that he is looking to move the third-round pick the Leafs acquired from Philadelphia as part of the package for Kris Versteeg.

While Burke was already shaking the bushes looking for blue-line help, another defenceman got hurt at yesterday's practice. A hobbling Brett Lebda had to be helped off the ice after he took a Dion Phaneuf slapshot off the inside of his left leg.

He has a bruise and will be evaluated again today. It's not thought to be too serious.

Over the last two weeks, the Leafs have traded away defencemen Francois Beauchemin and Tomas Kaberle without receiving an NHL-ready defender in return.

TORSTAR NEWS SERVICE

MacArthur

Brian Burke said he would meet with Clarke MacArthur's agent this week in an attempt to put a price on what the winger would deserve in a new contract.

- In what sounded like an ultimatum, Burke said if a deal can't be worked out, he will look at trading the 25-year-old, who tops the team with 45 points.
- MacArthur is due to become a restricted free agent July 1 after earning $1.1 million this season. MacArthur was awarded $2.4 million at an arbitration hearing last summer with the Thrashers, who told him they were going to walk away and encouraged the arbitrator to side with him.

Leafs preview

Islanders at Leafs
7 p.m.
TV: Leafs TV
Radio: AM 640

New York (23-30-7) arrives in Toronto a better team than the standings suggest. The Islanders already have seven wins this month. They are still second last in the Eastern Conference.

Toronto (25-27-7) could use a win to bounce back after a tough 1-0 shootout loss to Ottawa. The Leafs already have a win over the Islanders this month. Even with a victory, Toronto's playoff hopes have dwindled significantly — the Leafs trail eighth-place Carolina by seven points.

THE CANADIAN PRESS

Raonic sets new high for a Canadian

Despite losing Sunday's final in Memphis, Milos Raonic has continued his rapid ascent up the ATP rankings — making Canadian tennis history in the process.

The 20-year-old from Thornhill jumped 22 places to reach No. 37. He finished 2010 ranked as No. 156. Raonic becomes the highest ranked Canadian singles player in the history of the ATP.

THE CANADIAN PRESS

Jack faces drunk driving charges

Police in an Atlanta suburb say New Orleans Hornets' backup point guard Jarrett Jack was arrested and charged with drunken driving.

Snellville Police Chief Roy Whitehead said in an email yesterday the 27-year-old former Toronto Raptors guard was pulled over early Sunday by an officer who clocked him at 106 km/h in a 72 km/h zone.

Police say Jack's Mercedes was also weaving.

THE ASSOCIATED PRESS

Pens land Dallas forward

The Pittsburgh Penguins began addressing their banged-up lineup by acquiring forward James Neal from the Dallas Stars in exchange for offensive defenceman Alex Goligoski yesterday.

As part of the deal, struck prior to Pittsburgh's game against the Washington Capitals, the Penguins also acquired defenceman Matt Niskanen.

THE ASSOCIATED PRESS

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JED JACOBSOHN/GETTY IMAGES

▶ Justin Morneau missed the second half of last season with a concussion.

Morneau says head feels fine

Twins slugger reports to camp after missing final half of last season while recovering from concussion

The fogginess would hit Justin Morneau after the simplest of movements — turning his head from side to side, looking down at his computer screen, even following the TV with his eyes.

Sometimes the haze would last for a minute. Other times headaches or dizziness might follow and last the whole day. Dark thoughts would take hold as he worried about his career, his quality of life.

"I'd be lying if I said that hasn't crossed my mind," the New Westminster, B.C., native said yesterday after reporting to spring training with the Minnesota Twins. "There was a time, November, December, where I'm sitting there going, 'I'm not feeling better,' getting frustrated, but when you have a concussion that's the worst thing you can do, go to that place where you're feeling sorry for yourself. Stress is one of the worst things for it.

"So you kind of try to brush that aside, it can creep in there, but you say, 'You know what? It is what it is, it's not up to me, I'm doing everything I can, when it's better it's better, and I've got to believe I'm going to be out there,' and keep working toward that goal."

Morneau is now as close to realizing that goal as he has been since an innocent looking collision at second base with Toronto Blue Jays infielder John McDonald last July 7 abruptly ended his season.

The 29-year-old was greeted by bear hugs from his teammates as he entered the Hammond Stadium clubhouse, all thrilled to see their cleanup hitter again. His arrival comes a day after friend Jason Bay of Trail, B.C., whose 2010 was also cut short by a concussion, reported to New York Mets camp across the state in Port St. Lucie.

Morneau plans to participate in today's workouts thanks to a solid month of incident-free training at home in Arizona, plus the permission of doctors to take part in full baseball activities. THE ASSOCIATED PRESS

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Melodrama finally over?

Knicks reportedly have deal with Denver

The Knicks have agreed to a trade with the Denver Nuggets for Carmelo Anthony, a person familiar with the deal told The Associated Press last night.

The deal that would end the season-long trade saga involving Denver's all-star forward can't be finalized until today during a conference call with the NBA office. Assuming it goes through, it puts Anthony alongside Amare Stoudemire in a potential explosive frontcourt — at a heavy cost for the Knicks.

The person provided no other details of who was in the deal, which was first reported yesterday by the Denver Post. The person spoke to the AP on condition of anonymity because he was not authorized to comment publicly on the trade.

The Post, citing a league source, said the Knicks would send Wilson Chandler, Raymond Felton, Danilo Gallinari, Timofey Mozgov and a 2014 first-round draft pick to the Nuggets, who would get additional picks and cash.

Along with Anthony, New York would acquire Chauncey Billups, Shelden Williams, Anthony Carter and Renaldo Balkman, according to the Post.

The Nuggets have explored an Anthony trade since he refused to sign the three-year contract extension worth nearly $65 million US they offered him last summer. They appeared on the verge of sending him to the New Jersey Nets on multiple occasions, but the Knicks increased their offer enough to land Anthony, who was believed to prefer New York all along.

The Knicks would hope he could be in uniform tomorrow when they host the Milwaukee Bucks.

THE ASSOCIATED PRESS

What to watch for

As the NBA season begins its second half today, here are five storylines you should keep an eye on.

Lakers lacking

The Lakers entered the season as a favourite to win another title, but they stumbled into the all-star break with three straight losses, capped by a defeat against a Cavaliers team they beat by 55 earlier in the season. Can they regain their mojo?

Hot Spurs

The road to the NBA finals might go through San Antonio. With a 46-10 record and health they haven't enjoyed in recent years, the Spurs seem capable of winning a fifth title with Tim Duncan after they struggled just to reach the post-season in 2010.

Close on top

Boston leads Miami by percentage points in the East, with Chicago two games back. The Celtics are 3-0 against the Heat, but haven't been able to keep centres Shaquille O'Neal and Jermaine O'Neal healthy to surround their four all-stars.

Beware N.Y.?

The Knicks are sixth in the East, in position to make their first playoff appearance since 2004. They lurk as a dangerous lower seed especially if their trade for Carmelo Anthony goes through, allowing them to team him with fellow all-star Amare Stoudemire.

MVP race

The MVP race could come down to Chicago point guard Derrick Rose or LeBron James, the two-time winner who figured his move to Miami counted himself and Dwyane Wade out this season. But he's been so good that he believes he's back in the conversation.

RAPTORS BOBCATS

Time: 7 p.m.
Channels: SNET, Fan 590

Toronto (15-41) has to hope the second half of the season brings the team better fortunes than the first. The Raptors won just two of their 19 games heading into the NBA all-star break — the unofficial midway point of the season. Andrea Bargnani continues to be one of the highlights of Toronto's season, coming off a 38-point performance against Miami.

Charlotte (24-32) returns from the all-star break looking to close the gap on the Indiana Pacers, whom they trail by one game for eighth in the East. The Bobcats took two of their three games before the all-star festivities, with wins over Atlanta and the Los Angeles Lakers.

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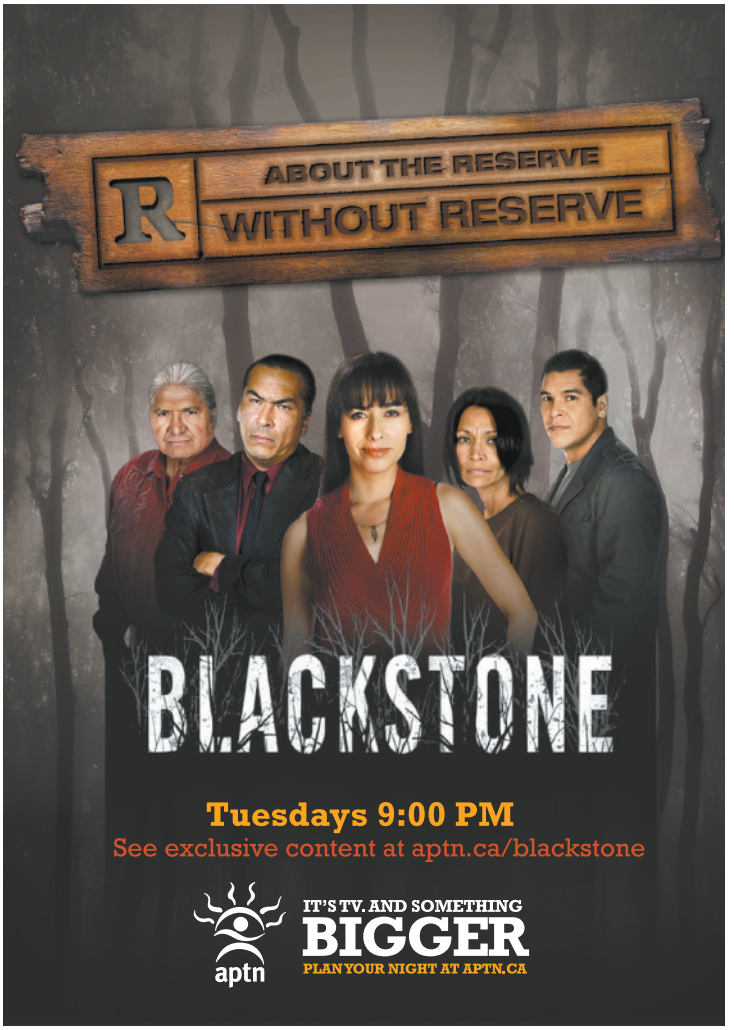

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	59	39	15	2	3	196	149	83	19-8-0-2	20-7-2-1	7-3-0-0	W1
d-Tampa Bay	59	34	18	3	4	179	185	75	19-7-1-3	15-11-2-1	5-3-0-2	L3
d-Boston	59	33	19	2	5	185	144	73	15-12-1-2	18-7-1-3	5-5-0-0	W2
Pittsburgh	61	36	20	2	3	178	147	77	20-11-1-0	16-9-1-3	4-5-0-1	L2
Washington	61	32	19	5	5	165	153	74	17-7-2-5	15-12-3-0	5-4-0-1	W2
Montreal	60	31	22	4	3	154	154	69	19-7-3-3	12-15-1-0	4-4-0-2	L3
NY Rangers	61	31	26	2	2	168	152	66	14-14-1-2	17-12-1-0	2-7-0-1	L2
Carolina	60	28	24	4	4	174	184	64	15-10-1-1	13-14-3-3	3-5-2-0	L1
Buffalo	58	27	25	6	0	166	171	60	12-15-2-0	15-10-4-0	5-4-1-0	L3
Atlanta	60	25	25	4	6	173	197	60	13-12-1-4	12-13-3-2	2-7-1-0	L3
Florida	59	25	27	3	4	155	163	57	12-11-3-3	13-16-0-1	3-5-1-1	L1
Toronto	59	25	27	3	4	150	179	57	13-11-3-3	12-16-0-1	6-2-1-1	L1
New Jersey	59	25	30	3	1	128	161	54	13-13-2-1	12-17-0-1	9-0-1-0	W7
NY Islanders	60	23	30	3	4	166	196	53	12-14-1-3	11-16-2-1	7-3-0-0	W2
Ottawa	59	19	31	5	4	132	194	47	9-16-2-3	10-15-3-1	2-6-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	60	38	13	4	5	202	142	85	21-4-1-4	17-9-3-1	7-3-0-0	W1
d-Detroit	59	37	16	4	2	199	169	80	17-8-3-1	20-8-1-1	7-3-0-0	W5
d-Phoenix	60	32	19	6	3	172	167	73	15-10-3-2	17-9-3-1	8-2-0-0	W7
San Jose	60	33	21	4	2	167	154	72	15-10-2-1	18-11-2-1	7-2-0-1	W3
Nashville	59	31	20	5	3	156	139	70	14-6-4-3	17-14-1-0	4-4-1-1	L1
Calgary	61	31	22	3	5	185	175	70	18-9-1-2	13-13-2-3	7-1-1-1	W3
Los Angeles	59	32	23	2	2	163	142	68	17-9-1-0	15-14-1-2	6-1-1-2	L2
Dallas	59	31	22	2	4	164	171	68	17-8-2-3	14-14-0-1	2-7-1-0	L4
Minnesota	59	31	22	1	5	154	155	68	15-12-0-3	16-10-1-2	6-3-0-1	L1
Anaheim	60	32	24	2	2	169	178	68	17-9-0-1	15-15-2-1	6-4-0-0	L3
Chicago	60	31	23	2	4	191	169	68	18-14-0-0	13-9-3-3	5-3-0-2	W2
Columbus	58	29	23	3	3	159	175	64	14-13-0-2	15-10-3-1	5-4-0-1	W1
St. Louis	58	27	22	4	5	163	172	63	18-9-1-3	9-13-3-2	5-3-1-1	L1
Colorado	59	25	27	7	0	173	202	57	14-14-4-0	11-13-3-0	0-9-1-0	L10
Edmonton	59	19	32	1	7	150	198	46	10-17-1-3	9-15-1-3	4-6-0-0	W3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Chicago 5 St. Louis 3
N.Y. Islanders 5 Florida 1
Washington 1 Pittsburgh 0
Sunday's results
Calgary 4 Montreal 0
Chicago 3 Pittsburgh 2 (SO)
Detroit 2 Minnesota 1 (SO)
Philadelphia 4 N.Y. Rangers 2
Washington 2 Buffalo 1
Tonight's games
N.Y. Islanders at Toronto, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
San Jose at Detroit, 7 p.m.
Nashville at Columbus, 7 p.m.
Edmonton at Minnesota, 8 p.m.
Colorado at St. Louis, 8 p.m. (rescheduled from Feb. 1)
New Jersey at Dallas, 8:30 p.m.
Montreal at Vancouver, 10 p.m.

ISLANDERS 5, PANTHERS 1

First Period
1. N.Y. Islanders, Moulson 24 (Tavares, Hamonic) 7:40
2. N.Y. Islanders, Moulson 25 (Parenteau, Hamonic) 14:58
Penalties — Garrison Fla (holding) 12:35, Weiss Fla (elbowing major, game misconduct) 15:40.
Second Period
3. N.Y. Islanders, Martinek 2 (Nielsen) 0:37 (pp)
4. N.Y. Islanders, Bailey 9 (Comeau, MacDonald) 6:41
Penalties — Hamonic NYI (hooking) 2:09, Ellerby Fla (holding) 9:37, Bernier Fla (fighting), Hamonic NYI (instigator, instigator, fighting; served by Haley) 18:36.
Third Period
5. Florida, Santorelli 17 (Garrison, Wideman) 10:34 (pp)
6. N.Y. Islanders, Moulson 26 (Hillen, Konopka) 17:23 (en)
Penalties — Allen Fla (interference) 3:41, Martinek NYI (tripping) 8:38, Hillen NYI (delay of game) 19:55.
Shots

Florida	3	9	9—21
N.Y. Islanders	16	9	12—37

Goal — Florida: Vokoun (L,19-21-4); N.Y. Islanders: Montoya (W,3-0-0). **Power plays (goals-chances)** — Florida: 1-5; N.Y. Islanders: 1-5.
Att. — 13,729 (16,234) at Uniondale, N.Y.

HAWKS 5, BLUES 3

First Period
1. St. Louis, McDonald 13 (Berglund, Pietrangelo) 15:04 (pp)
2. St. Louis, Boyes 12 (Oshie, Winchester) 16:49
Penalty — Brouwer Chi (interference) 14:24.
Second Period
3. Chicago, Stalberg 9 (Kopecky, Johnson) 2:18
4. Chicago, Bolland 13 (Hossa, Bickell) 3:18
5. Chicago, Kane 20 (Toews, Sharp) 6:29
6. Chicago, Toews 20 (Kane, Seabrook) 12:40 (pp)
Penalties — Backes StL (slashing) 12:14, Kane Chi (high-sticking) 18:27.
Third Period
7. St. Louis, Pietrangelo 7 (Oshie, Berglund) 8:48
8. Chicago, Hossa 13 (Seabrook, Johnson) 19:59 (en)
Penalties — None.
Shots

Chicago	9	10	7—26
St. Louis	15	14	5—34

Goal (shots-saves) — Chicago: Crawford (W,20-12-3); St. Louis: Bishop (L,1-1-0)(18-14), Conklin (12:40 second)(7-7). **Power plays (goals-chances)** — Chicago: 1-1; St. Louis: 1-2.
Att. — 19,150 (19,150) at St. Louis.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	45	77
Stamkos, TB	40	35	75
H.Sedin, Vcr	14	58	72
St. Louis, TB	20	49	69
Crosby, Pgh	32	34	66
Perry, Ana	30	36	66
Zetterberg, Det	17	48	65
B.Richards, Dal	24	39	63
Ovechkin, Wash	23	38	61
E.Staal, Car	27	31	58
Iginla, Cal	25	32	57
Kesler, Vcr	33	23	56
Eriksson, Dal	19	36	55
Selanne, Ana	19	36	55
Kopitar, LA	17	38	55
Giroux, Pha	20	34	54

Not including last night's games

GAMES

CANADA GAMES

MEDAL STANDINGS

At Halifax

Province	Gold	Silver	Bronze	Total
Quebec	27	26	18	71
B.C.	14	14	16	44
Ontario	14	13	14	41
Alberta	12	11	16	39
Saskatchewan	4	2	3	9
Manitoba	2	2	4	8
N.B.	0	2	3	5
N.L.	0	1	3	4
Yukon	3	0	0	3
Nova Scotia	1	0	1	2
N.W.T.	0	0	0	0
Nunavut	0	0	0	0
P.E.I.	0	0	0	0

SOCCER

SPAIN

LA LIGA

Yesterday's result
Real Sociedad 1 Mallorca 0

ENGLAND

FA CUP

Fifth Round
Yesterday's result
West Ham 5 Burnley 1

TENNIS

WTA QATAR LADIES OPEN

At Doha, Qatar
Singles
First Round
Lucie Safarova, Czech Republic, def. Agnieszka Radwanska (7), Poland, 7-6 (3), 6-3.
Marion Bartoli, France, def. Alisa Kleybanova, Russia, 7-5, 6-2.
Nadia Petrova, Russia, def. Roberta Vinci, Italy, 6-4, 6-2.

ATP DUBAI DUTY FREE CHAMPIONSHIPS

At Dubai, United Arab Emirates
Singles
First Round
Tomas Berdych (3), Czech Republic, def. Jeremy Chardy, France, 6-2, 6-3.
Sergei Bubka, Ukraine, def. Ivan Ljubicic (5), Croatia, 6-1, 0-1 (retired).
Ernests Gulbis (8), Latvia, def. Michael Berrer, Germany, 6-3, 6-4.
Philipp Petzschner, Germany, def. Andreas Seppi, Italy, 3-6, 7-6 (2), 6-2.
Lukas Rosol, Czech Republic, def. Karol Beck, Slovakia, 7-6 (2), 6-3.
Richard Gasquet, France, def. Grigor Dimitrov, Bulgaria, 6-2, 6-4.
Florian Mayer, Germany, def. Jarkko Nieminen, Finland, 6-4, 6-2.

ATP WORLD TOUR RANKINGS

Through Feb. 20
1. Rafael Nadal, Spain, 12390
2. Roger Federer, Switzerland, 7965
3. Novak Djokovic, Serbia, 7880
4. Robin Soderling, Sweden, 6055
5. Andy Murray, Britain, 5760
6. David Ferrer, Spain, 4510
7. Tomas Berdych, Czech Republic, 4270
8. Andy Roddick, United States, 3735
9. Fernando Verdasco, Spain, 3140
10. Jurgen Melzer, Austria, 2865
11. Mikhail Youzhny, Russia, 2710
12. Gael Monfils, France, 2560
13. Nicolas Almagro, Spain, 2320
14. Ivan Ljubicic, Croatia, 2145
15. Stanislas Wawrinka, Switzerland, 2125
16. Mardy Fish, United States, 2121
17. Jo-Wilfried Tsonga, France, 1975
18. Viktor Troicki, Serbia, 1670
Also
37. Milos Raonic, Thornhill, Ont., 1134

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
DETROIT TIGERS—Agreed to terms with RHP Robbie Weinhardt, LHP Andy Oliver, LHP Daniel Schlereth, LHP Brad Thomas, INF Cale Iorg and INF Will Rhymes on one-year contracts.
SEATTLE MARINERS—Agreed to terms with RHP Doug Fister, RHP Jose Flores, LHP Cesar Jimenez, RHP Josh Lueke, RHP Yorvis Medina, LHP Edward Paredes, RHP Michael Pineda, LHP Mauricio Robles, RHP Chaz Roe, RHP Tom Wilhelmsen, INF Alex Liddi, INF Matt Mangini, INF Justin Smoak, INF Matt Tuiasosopo, OF Johermyn Chavez and OF Carlos Peguero on one-year contracts.

NATIONAL LEAGUE

ATLANTA BRAVES—Signed executive vice president and general manager Frank Wren to a two-year contract extension through the 2013 season.
HOUSTON ASTROS—Agreed to terms with RHP Alberto Arias on a one-year contract.
NEW YORK METS—Named Dave Jauss coordinator of staff development, Brian Chicklo medical coordinator, Rick Tomlin roving pitching instructor, Mark Brewer short-season roving pitching instructor, Jack Voigt outfield/baserunning coordinator and Randy Niemann rehabilitation pitching coordinator.
WASHINGTON NATIONALS—Announced RHP Luis Atilano cleared waivers and was assigned to Syracuse (IL).

AMERICAN ASSOCIATION

AMARILLO SOX—Traded INF Javier Brito to Sioux City for RHP Chad Povich and a player to be named.
FORT WORTH CATS—Signed RHP Doug Hurn.

CAN-AM LEAGUE

NEW JERSEY JACKALS—Signed LHP Isaac Pavlik.
WORCESTER TORNADOES—Signed INF Abraham O. Nunez.

FRONTIER LEAGUE

GATEWAY GRIZZLIES—Signed SS Jeremy Cresswell and OF Lyndon Estill.
JOLIET SLAMMERS—Signed LHP Keith Rizor, RHP Spencer Roberts, OF Nate Shaver and OF Clint Stroud.
LAKE ERIE CRUSHERS—Signed RHP Matt Smith to a contract extension.
NORMAL CORNBELTERS—Signed OF Colin Moro.

FOOTBALL

NFL

CINCINNATI BENGALS—Named James Urban receivers coach.
MIAMI DOLPHINS—Named Bryan Cox pass rush coach.
MINNESOTA VIKINGS—Designated LB Chad Greenway as the franchise player.

HOCKEY

NHL

OTTAWA SENATORS—Assigned G Pascal Leclaire to Binghamton (AHL) for conditioning.
ST. LOUIS BLUES—Assigned D Tyson Strachan to Peoria (AHL).
VANCOUVER CANUCKS—Called up C Cody Hodgson from Manitoba (AHL). Sent D Evan Oberg to Manitoba.

AHL

CONNECTICUT WHALE—Signed F Alexandre Imbeault. Reassigned G Cameron Talbot to Greenville (ECHL).

ECHL

READING ROYALS—Announced D Louis Liotti was loaned to Lake Erie (AHL). Acquired G Bobby Jarosz from South Carolina for future considerations. Released G Shane Davis. Announced F Ryan Cruthers was assigned to the team by Hershey (AHL).

CURLING

SCOTTIES TOURNAMENTS OF HEARTS

At Charlottetown
Round Robin

Province (Skip)	W	L
Ontario (Homan)	5	0
Saskatchewan (Holland)	5	0
Canada (J.Jones)	3	2
Alberta (Kleibrink)	3	2
Nova Scotia (Smith-Dacey)	3	2
Quebec (Larouche)	2	3
New Brunswick (A.Kelly)	2	3
P.E.I. (Birt)	2	3
B.C. (K.Scott)	2	3
Manitoba (Overton-Clapham)	1	4
NWT/Yukon (Galusha)	1	4
N.L. (S.Devereaux)	1	4

Yesterday's results
Sixth Draw
Ontario 8 Prince Edward Island 2
Saskatchewan 8 Alberta 6
Seventh Draw
Canada 9 New Brunswick 3
Northwest/Yukon Territories 6 Newfoundland & Labrador 5
Nova Scotia 12 British Columbia 6
Quebec 7 Manitoba 6
Eighth Draw
Alberta 8 Newfoundland & Labrador 5
Ontario 6 British Columbia 5
Prince Edward Island 8 Canada 6
Saskatchewan 7 Quebec 6
Sunday's results
Third Draw
British Columbia 6 Manitoba 4
Canada 12 Northwest/Yukon Territories 1
Newfoundland & Labrador 10 New Brunswick 4
Quebec 10 Nova Scotia 5
Fourth Draw
Alberta 7 British Columbia 6 (extra end)
Ontario 7 Newfoundland & Labrador 1
Prince Edward Island 10 Quebec 5
Saskatchewan 9 Canada 3
Fifth Draw
New Brunswick 9 Manitoba 3
Nova Scotia 8 Northwest/Yukon Territories 2
Ontario 10 Alberta 7
Saskatchewan 10 Prince Edward Island 6
Today's games
Ninth Draw, 8:30 a.m.
Nova Scotia vs. Manitoba; Canada vs. British Columbia; New Brunswick vs. Northwest/Yukon Territories; Newfoundland & Labrador vs. Quebec.
Draw 10, 1:30 p.m.
British Columbia vs. Quebec; Prince Edward Island vs. Alberta; Newfoundland & Labrador vs. Canada; Ontario vs. Saskatchewan.
Draw 11, 6:30 p.m.
Northwest/Yukon Territories vs. Saskatchewan; New Brunswick vs. Ontario; Nova Scotia vs. Prince Edward Island; Alberta vs. Manitoba.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	9	7	2	.778	101	78	—
Boston	9	6	3	.667	99	81	1
Buffalo	7	4	3	.571	78	67	2
Rochester	8	4	4	.500	72	87	2½
Philadelphia	8	4	4	.500	69	81	2½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	8	2	6	.250	84	97	3
Colorado	8	1	7	.125	70	94	4

WEEK EIGHT
Saturday's games
Toronto at Philadelphia, 7:30 p.m.
Edmonton at Rochester, 7:35 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	40	14	.741	—
d-Miami	41	15	.732	—
d-Chicago	38	16	.704	2
Orlando	36	21	.632	5½
Atlanta	34	21	.618	6½
New York	28	26	.519	12
Philadelphia	27	29	.482	14
Indiana	24	30	.444	16
Charlotte	24	32	.429	17
Milwaukee	21	34	.382	19½
Detroit	21	36	.368	20½
New Jersey	17	40	.298	24½
Washington	15	39	.278	25
Toronto	15	41	.268	26
Cleveland	10	46	.179	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	46	10	.821	—
Dallas	40	16	.714	6
d-L.A. Lakers	38	19	.667	8½
d-Oklahoma City	35	19	.648	10
Portland	32	24	.571	14
New Orleans	33	25	.569	14
Denver	32	25	.561	14½
Memphis	31	26	.544	15½
Utah	31	26	.544	15½
Phoenix	27	27	.500	18
Golden State	26	29	.473	19½
Houston	26	31	.456	20½
L.A. Clippers	21	35	.375	25
Sacramento	13	40	.245	31½
Minnesota	13	43	.232	33

d – division leader
Sunday's result
West 148 East 143
Tonight's games
(All time Eastern)
Toronto at Charlotte, 7 p.m.
Indiana at Washington, 7 p.m.
Houston at Detroit, 7:30 p.m.
Sacramento at Miami, 7:30 p.m.
Minnesota at Milwaukee, 8 p.m.
L.A. Clippers at Oklahoma City, 8 p.m.
Memphis at Denver, 9 p.m.
Boston at Golden State, 10:30 p.m.
Atlanta at L.A. Lakers, 10:30 p.m.
Tomorrow's games
Oklahoma City at San Antonio, 7 p.m.
Houston at Cleveland, 7 p.m.
Detroit at Indiana, 7 p.m.
Sacramento at Orlando, 7 p.m.
Washington at Philadelphia, 7 p.m.
Chicago at Toronto, 7 p.m.
Milwaukee at New York, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
Utah at Dallas, 8:30 p.m.
Atlanta at Phoenix, 9 p.m.
L.A. Clippers at New Orleans, 9:30 p.m.
L.A. Lakers at Portland, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	50	478	397	1444	28.9
Stoudemire, NYK	53	521	333	1384	26.1
James, MIA	54	489	362	1408	26.1
Wade, MIA	52	466	344	1320	25.4
Ellis, GOL	55	524	256	1394	25.3
Anthony, DEN	50	437	343	1259	25.2
Bryant, LAL	57	511	336	1432	25.1
Rose, CHI	53	481	275	1318	24.9
Gordon, LAC	41	333	242	988	24.1
Martin, HOU	55	364	414	1263	23.0
Howard, ORL	55	445	365	1255	22.8
Griffin, LAC	56	488	293	1276	22.8
Nowitzki, DAL	47	388	242	1067	22.7
Aldridge, POR	56	492	263	1250	22.3
Westbrook, OKC	54	405	371	1200	22.2
Bargnani, TOR	50	415	206	1097	21.9
Williams, UTA	53	369	302	1129	21.3
Granger, IND	53	380	245	1117	21.1
Love, MIN	56	387	331	1179	21.1
Randolph, MEM	52	418	205	1046	20.1
Gay, MEM	54	409	194	1069	19.8
Lopez, NJN	57	413	280	1106	19.4
Scola, HOU	57	456	181	1093	19.2
Jackson, CHA	54	358	212	1028	19.0
West, NOR	57	434	215	1085	19.0
Pierce, BOS	54	351	239	1016	18.8
Gasol, LAL	57	411	249	1071	18.8
Bosh, MIA	52	358	241	963	18.5
Curry, GOL	47	318	144	866	18.4
Evans, SAC	46	321	164	843	18.3
Ginobili, SAN	56	310	266	1001	17.9

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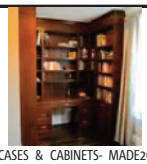

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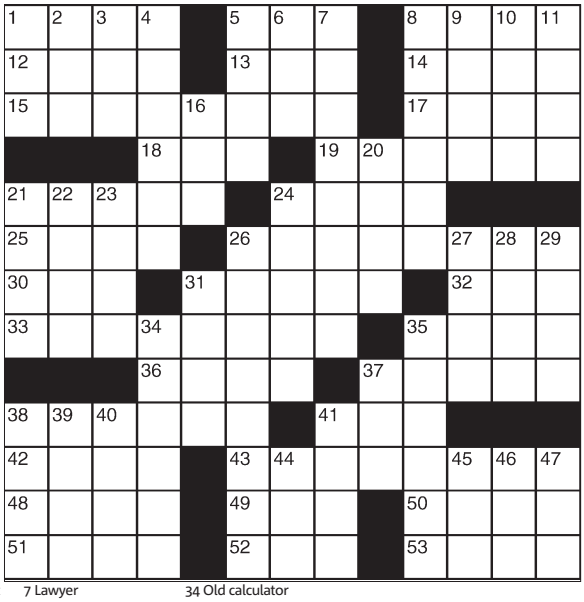
Crossword



Across

1 St. Louis team
5 Lingerie item
8 Tubular pasta
12 Concept
13 Chow down
14 Paradise
15 Historically significant symbol
17 Blueprint
18 Police officer
19 Yellow-brown colors
21 Bit part
24 Black plus white
25 Palette selections
26 Canadian city
30 Greek H
31 Trio of goddesses
32 Portion of N.A.
33 Kingdom
35 "Animal House" group
36 Taverns
37 Run off to wed
38 Tropical fruit
41 Past
42 Grand-scale tale
43 One-track transport
48 Birthright barterer
49 Prior night
50 Sorts
51 Umps
52 Spotted
53 "Monopoly" card

Down

1 Edge
2 Commotion
3 Chaps
4 Pasta toppings
5 Gridlock sound
6 Operated
7 Lawyer
8 Gentle breeze
9 Not working
10 Rip
11 Hostels
16 Cattle call
20 Eliot-based musical
21 Sci. course
22 Car
23 Intend
24 Barbarians
26 Knotted fringes
27 Franc replacement
28 Now, on a memo
29 Tardy
31 Unravel
34 Old calculator
35 Ornate, as prose
37 Id counterpart
38 Juror, in theory
39 Church section
40 Chanteuse Edith
41 From the beginning
44 Eggs
45 Hearty brew
46 Eisenhower
47 1960s hallucinogen

▶ Yesterday's answer

I	D	S		F	A	K	I	R		P	A	C
L	E	A		L	E	O	N	E		H	U	R
L	E	C	H	E	R	O	U	S		E	R	A
			R	E	O		S	C	A	R	A	B
P	A	C	E	R	S		E	U	R	O		
U	N	H		S	O	W		E	L	M	E	R
S	T	E	M		L	E	O		O	O	Z	E
S	E	R	I	F		B	U	R		N	R	A
		O	M	I	T		T	H	R	E	A	D
R	A	K	I	S	H		P	O	I			
A	G	E		H	E	R	O	D	O	T	U	S
C	U	E		E	R	A	S	E		O	R	E
Y	E	S		D	E	N	T	S		T	N	T

Sudoku

5	4						2	9
		9	3			4		
1			9		4			
3				2		7	5	
				4				
	2	4		6				8
			6		8			3
		3			1	8		
9	8						7	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	8	7	9	2	3	5	1
5	1	9	4	6	3	8	2	7
3	2	7	8	1	5	9	6	4
6	8	5	3	2	1	7	4	9
1	7	4	5	8	9	6	3	2
9	3	2	6	7	4	1	8	5
2	5	1	9	3	6	4	7	8
7	9	6	2	4	8	5	1	3
8	4	3	1	5	7	2	9	6

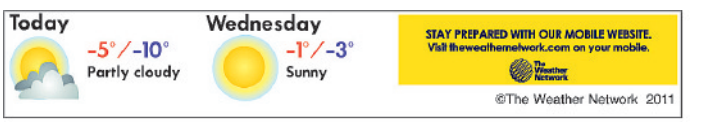
Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Tima, we've been through so much awesomeness together and the best part is that we know it gets even better. Keep being cute and we'll take over the world soon =) its you and me baby! **LOVE, YOUR UBECAKES! <3**

To the greatest fiance ever, You are my rock when my legs waver, you are my light when I lose my way to darkness, and most of all you are the love that makes me the happiest I've ever been in all my life. I love you with all of my three and a quarter hearts! **WITH LOVE LOVE & MORE LOVE, VIKKE**

Erica, I thank God every day that you came into my life and cannot wait for the next time I can hold you in my arms. You are my reason for waking up every morning. **MIKE**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may not be getting the breaks you desire, but complaining won't change anything. Take a look at your philosophy of life. Can it be improved in any way? The breaks will come when you break free of old ways.

♉ Taurus April 21-May 21 If a friend makes a suggestion today don't reject simply because it does not fit with what you want for yourself. Maybe he or she can see your situation better than you can.

♊ Gemini May 22-June 21 No matter how talented you are, there is only so far you can go on your own. The sooner you accept that, the sooner you'll make progress. Work with people who share your aims.

♋ Cancer June 22-July 22 The Sun in your fellow Water sign of Pisces will protect you from harm in most situations but that is not an invitation to take silly risks. You're not invincible.

♌ Leo July 23-Aug.23 Focus on the good things in your life and pretend that the bad things do not exist. Is it wishful thinking? Is it self-delusion? Maybe. But reality is what you want it to be.

♍ Virgo Aug. 24- Sept. 22 What happens today will test your self-restraint to its limits. Hopefully, you will resist the urge to rant and rave and make accusations because no matter what might have upset you, it's really not worth getting worked up about.

♎ Libra Sept. 23-Oct. 23 You might find it hard to make much of an effort today but why should that bother you? Everyone knows what you are capable of, so you really don't have to prove yourself.

♏ Scorpio Oct. 24-Nov. 22 The Sun in Pisces endows you with boundless energy. Just because something excites you, does not mean it will excite everyone. We're all different.

♐ Sagittarius Nov. 23-Dec. 21 It is one of the laws of the universe that the more you give, the more you get. So, go all out to bestow good things on other people today. Before you know it, good things will be flowing into your life in abundance.

♑ Capricorn Dec. 22-Jan. 20 You may be tough enough to take the slings and arrows of misfortune in your stride, but you don't have to make life difficult for yourself. You certainly don't have to face challenges alone. Get help if you need it.

♒ Aquarius Jan. 21-Feb. 18 Stop trying so hard today. That applies to all areas of your life, but especially to your finances. Money will find its way to you when you need it most.

♓ Pisces Feb. 19-March 20 Your mind is a powerful tool and the way you choose to think determines what kind of experiences come your way. Think only positive thoughts and only positive things will happen. SALLY BROMPTON

Caption contest

WALLY SANTANA/ THE ASSOCIATED PRESS

"Hurry up and take the picture. My leg's about to break"
WYLLUM D.

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Deals of the week

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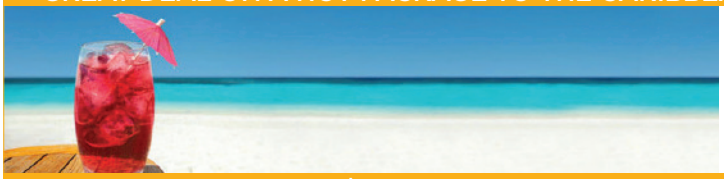
GREAT DEAL ON A HOT PACKAGE TO THE CARIBBEAN | AIR, HOTEL & TRANSFERS • 1 WEEK



PRICE *FREEZE* Book by Feb. 25

DOMINICAN REPUBLIC | La Romana
Gran Bahia Principe La Romana ❀❀❀❀◖ PRIVILEGES
All-Inclusive • Junior suite • Apr. 2 & 9

$799
Add taxes & other fees: $185

CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS

BAHAMAS | Nassau
Sheraton Nassau Beach Resort ❀❀❀❀
Resort view rm. • Mar. 28 • 4 nts. • $300 INSTANT CREDIT INCLUDED[1]
$859
Add taxes & other fees: $138

DOMINICAN REPUBLIC | Samana
Bahia Samana Roulette ❀❀❀❀
All-Inclusive • Run of the house • Mar. 5, 6, 19, 20, 26 & 27 • 1 wk.
$899
Add taxes & other fees: $185

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana ❀❀❀❀◖ PRIVILEGES
All-Inclusive • Junior suite • Mar. 21, 25, 27, 29 & 31 • 1 wk.
$1099
Add taxes & other fees: $185

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort ❀❀❀❀
All-Inclusive • Standard rm. • Mar. 19, 20 & 25 – 28 • 1 wk.
$939
Add taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally • Add $50 for Sat. & Sun. departures

ANTIGUA
Jolly Beach Resort & Spa ❀❀❀◖
All-Inclusive • Standard oceanview rm. • Mar. 27 & Apr. 3 • 1 wk.
$1279
Add taxes & other fees: $199

MEXICO | Cancun/Riviera Maya
Occidental Grand Xcaret ❀❀❀❀◖
All-Inclusive • Deluxe rm. • June 3, 5 & 6 • 1 wk.
$829
Add taxes & other fees: $252

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum ❀❀❀❀◖ PRIVILEGES
All-Inclusive • Standard rm. • June 3, 5 & 6 • 1 wk.
$869
Add taxes & other fees: $252

MEXICO | Puerto Vallarta/Riviera Nayarit
Crown Paradise Club Puerto Vallarta ❀❀❀❀
All-Inclusive • Standard rm. • Mar. 21 - 24 • 1 wk.
$1199
Add taxes & other fees: $149

TURKS & CAICOS
Comfort Suites, Turks & Caicos ❀❀◖
Continental breakfast • Junior suite run of the house
Mar. 2, 7, 16 & 23 • 1 wk.
$969
Add taxes & other fees: $140

COSTA RICA | Liberia
Occidental Grand Papagayo ❀❀❀❀◖
All-Inclusive • Deluxe rm. • Mar. 3, 6, 24 & 27 • 1 wk.
$1599
Add taxes & other fees: $87
Departure tax: 26 USD cash, paid locally

IBEROSTAR HOTELS & RESORTS

AIR, HOTEL & TRANSFERS • ALL-INCLUSIVE • 1 WEEK

CUBA | Cayo Coco/Cayo Guillermo
Iberostar Daiquiri ❀❀❀❀
Standard rm. • Mar. 19, 20, 26
$899
Add taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally

CUBA | Varadero
Iberostar Laguna Azul ❀❀❀❀◖
Standard rm. • Mar. 19 - 28
$1299
Add taxes & other fees: $160 • Add $50 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

Iberostar Laguna Azul

USA | AIR & HOTEL

NEVADA | Las Vegas
Circus Circus Hotel & Casino ❀❀❀
Hotel - tower rm. • Apr. 24 • 3 nts.
$469
Add taxes & other fees: $126

FLORIDA | Orlando
Clarion Resort & Waterpark ❀❀❀
Double or twin guest rm. • Apr. 5 & 12 • 1 wk.
$479
Add taxes & other fees: $117

EUROPE | AIR & HOTEL • BREAKFAST • Receive complimentary transfers and access to Maple Leaf™ Lounge with packages to Paris and Rome[2]

FRANCE | Paris
All Seasons Paris Gare de l'Est ❀❀❀
Standard rm. • Apr. 27 & 28 • 4 nts.

$799
Add taxes & other fees: $421

ITALY | Rome
Cardinal St. Peter ❀❀❀❀
Double rm. • Apr. 27 & 28 • 5 nts.

$1089
Add taxes & other fees: $377

EUROPE CRUISES | AIR & CRUISE

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on Feb. 22, 2011, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport in Economy class. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Aeroplan Miles vary based on points of departure and destination. For details, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Applicable for a minimum stay of 4 nights. Saving per rm. Book by Feb. 28, 2011 for travel completed by June 30, 2011. [2]Book by June 30, 2011. Valid for travel from Apr. 1, 2011 and completed by Dec. 31, 2011. [3]Celebrity Cruises Inc. ships' registry: Malta and Ecuador. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 5925 Airport Road, Suite 700, Mississauga, ON. Visit www.aircanadavacations.com for up-to-date information. tico.ca

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GL Sport model shown

2011 ACCENT L 3DR

• BEST-SELLING SUB-COMPACT IN CANADA[Ω]

HIGHWAY 5.7L/100 KM – 50 MPG*

JUST ANNOUNCED

OWN IT FOR ONLY **$83**[†] BI-WEEKLY PAYMENT

WITH **0%** FINANCING FOR **84** MONTHS

DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

2011 ELANTRA TOURING L

• ELANTRA IS THE BEST-SELLING CAR IN CANADA[Ω]

HIGHWAY 6.5L/100 KM – 43 MPG*

OWN IT FOR ONLY **$106**[†] BI-WEEKLY PAYMENT

WITH **0%** FINANCING FOR **72** MONTHS

DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

GLS Sport model shown

Limited model shown

2011 SONATA GL • BEST-SELLING IMPORT MID-SIZE SEDAN IN CANADA IN 2010[∞]

HIGHWAY 5.7L/100 KM – 50 MPG^

LEASE FOR **$299**[††] AT **4.4%** APR/60 MOS.

FOR 60 MONTHS
$3,285 DOWN PAYMENT

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• NHTSA 5-STAR CRASH RATING▲ • CLASS-LEADING FUEL ECONOMY^

2011 SANTA FE 2.4L GL

• BEST-SELLING IMPORT SUV IN CANADA IN 2010[∞]

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WAS **$25,895**
MINUS **$4,000** DISCOUNT[‡]

CASH PURCHASE PRICE **$21,895**[♦]

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HIGHWAY 7.2L/100 KM – 39 MPG*

Limited model shown

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5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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GRADUATE REBATE PROGRAM

"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2011 Accent L 3 Dr 5-speed/2011 Elantra Touring L 5-Speed with an annual finance rate of 0%/0% for 84/72 months. Bi-weekly payment is **$83/$106**. No down payment is required. Finance offers include Delivery and Destination of $1,495/$1,495. Registration, insurance, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2011 Accent L 3 Dr 5-speed for $15,130 at 0% per annum equals $180.12 per month for 84 months for a total obligation of $15,130. Cash price is **$15,130**. Example price includes Delivery and Destination of $1,495; fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. ±$4,000 discount on the 2011 Santa Fe 2.4L GL 6-Speed is available on cash purchases only. †♦$starting prices for 2011 Accent L 3 Dr 5-speed/2011 Elantra Touring L 5-speed/2011 Sonata GL 6-speed/2011 Santa Fe GL 2.4L 6-speed are **$15,130/$16,530/$24,350/$21,895**. Prices for models shown are: 2011 Accent GL 3Dr Sport/2011 Elantra Touring GLS Sport/2011 Sonata Limited/2011 Santa Fe Limited are **$19,580/$24,880/$30,700/$37,695**. Delivery and Destination charges of $1,495/$1,495/$1,565/$1,760, fees, levies, charges and all applicable taxes (excluding HST) are included. Registration, insurance and license fees are excluded. ††Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2011 Sonata GL 6-speed with an annual lease rate of 4.4%. Monthly payment is $299 per month for a 60 month walk-away lease. Down payment of $3,285 and first monthly payment required. Total lease obligation is $21,225. Lease offers include Delivery and Destination of $1,565. Applicable license fees, insurance, registration, PPSA, and taxes are excluded. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.10/km. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ‡Offer may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ^Fuel economy comparison based on combined fuel consumption rating for the 2011 Sonata GL 6-speed manual (7.35L/100km) and 2011 Energuide combined fuel consumption ratings for the full size vehicle class. Fuel consumption for the Sonata GL 6-speed manual (HWY 5.7L/100KM; City 8.7L/100KM) based on 2011 Energuide rating. Fuel economy figures are used for comparison purposes only. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). The 5-star rating applies to all the trim levels of the 2011 Sonata produced between July 2nd and September 7th, 2010. ∞Based on the December 2010 AIAM/C report. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.